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THE WORLD'S BIGGEST

RULE BREAKERS

Featuring
**RISK-
TAKERS,
REBELS,
MISFITS**
AND, OF COURSE,

JORGIE PORTER

20

WAYS
HOLLYWOOD
CAN IMPROVE YOUR

SEX LIFE

SALFORD CITY!

WHAT
MAN UTD'S
CLASS OF '92
DID NEXT

Plus
SAM WARBURTON
SOMALI PIRATES
KIDNAP TERROR
BECOME THE BEST
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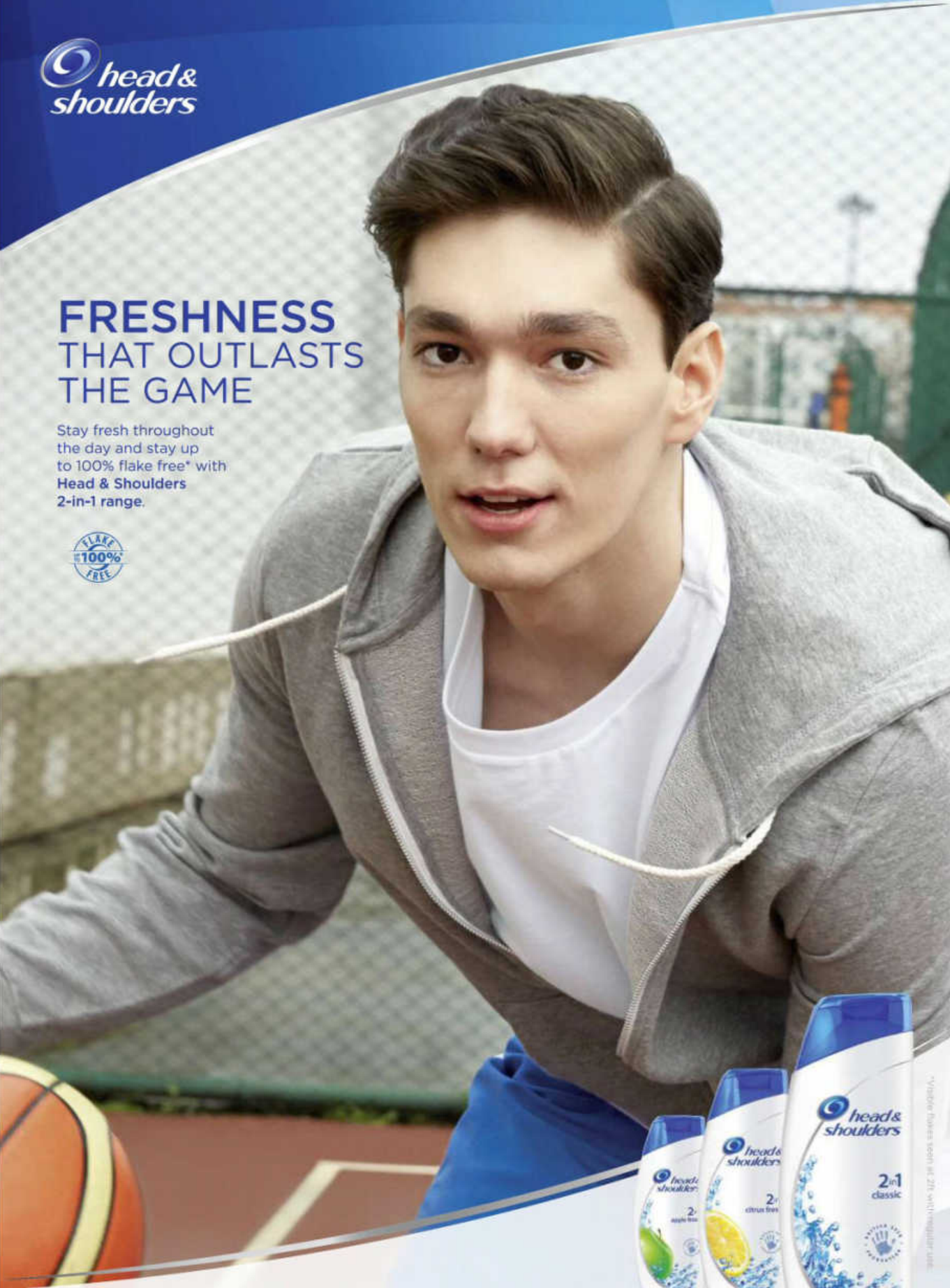


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NOTHING CAN STOP 'EM

#310



JORGIE PORTER
SHOT FOR FHM BY
FLORENCE KEYS

ED'S LETTER...

If you can say you've never broken a rule, you're a better man than us. Whether you've bombed into the swimming pool to impress a crush or surged on to the pitch after a last-minute equaliser, we've all bent the rules occasionally. It's what makes us worth talking to in the pub.

But for some people, breaking the rules has consequences that can change their, and other people's, lives for good. Our feature on p50 demonstrates this perfectly – and it'll make you marvel at the sheer inventiveness of the human spirit. Just don't get too freaked out by the bloke who's going to turn us all into robots one day.

Speaking of people who don't play by the rules, *Hollyoaks'* Jorgie Porter is this month's cover star. She's given us an interview that goes from hectic to hilarious in seconds. See for yourself on p60.

Of course, there's a lot more to this issue. From the new project of Manchester United's Class Of '92 to our FHM Hero, Wales legend Sam Warburton, everything is taken care of. There's even a guide to all that's great about boozing on p72 if all that sport makes you thirsty. As ever, it's great to have you on board.

Damien McSorley, Editor-In-Chief



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SPOILER ALERT!

LOOK AWAY NOW IF YOU DON'T WANT TO KNOW WHAT'S IN THE ISSUE



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Amy Jackson p12



God bless booze p72



Salford City FC p82



Back to school p102



Mexican man food p46

ACCESS

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Liverpool has given us many fine exports over the years, but none as glorious as beautiful Bollywood star Amy Jackson.

46 EL SCORCHIO!

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FEATURES

50 RULE BREAKERS

Meet the brave and defiant men who've spent their lives saying a firm no to the status quo.

60 RAISING HELL WITH JORGIE PORTER

We sit down with television's sexiest troublemaker to talk streaking, parties and, er, coconuts.

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Can Man United's Class of '92 really take Salford City to the Championship in just 15 years? *FHM* investigates.

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Modelled by Sam Feters

The 20th ever Jeans for Genes Day is taking place on **Friday 18th September**. So sign up for your fundraising pack and help us transform the lives of families affected by genetic disorders in the UK. Getting involved is simple, and we'll give you lots of ideas on how to make an extraordinary difference.

To sign up call 0800 980 4800
or visit jeansforgenesday.org

THE TEAM

WHAT FHMERS HAVE BEEN UP TO THIS MONTH

WE WERE HYPNOTISED (BY CHARM)

If, like chief writer Matt, you harbour daily thoughts of world domination, the prospect of meeting famous thought-scanner Derren Brown would no doubt fill you with fear and dread. Luckily, he was a delight. Check out our interview in a future issue.



WE GOT COMFORTABLE

We told fashion editor Daisy she could only go to Secret Garden Party on one condition – that she stayed roasty-toasty at all times. As you can see, she was true to her word. Cheers to Malibu for making it all possible.



WE SOBBED AND SOBBED

Pray silence, for this month we waved ta-ra to a pair of bona fide *FHM* legends. On the left, acting editor and all round rad duderino Chris. On the right, art director Will, AKA The Strongest Man In Men's Publishing™. Godspeed fellas: it won't be the same without you.

WE GOT THE HUMP

Cheers to *Fast And Furious* 7 for flying web editor Elizabeth out to Abu Dhabi, where she achieved her childhood dream of hanging out with a camel. She may have spent the ensuing three weeks self-diagnosing herself with camel flu, but it was still a nice trip regardless.



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The return of a legend...



PHOTOGRAPHY: BRUNA DUNLAWNE PHOTOGRAPHY

1 Oct FHM

LETTERS 10/15

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Letter of the month



This guy's got issues

I saw one of your readers has all of your magazines since number 78 – where has he been? I've got almost every copy since issue four, although I'm missing one in which you mention my barbershop. I'm a bit gutted about that.

Mark, via email

We had a look around the office for you but all we found was a wrinkled Peperami and a long-forgotten work-experience lad. Will you accept a big ol' TV as an apology?

Work release

I'm a physiotherapist and my dream job would be to work for a football club. I enjoyed 'New Season, New Job' in the last issue. It was great learning how people earn a living in the beautiful game. My second dream job would be at *FHM* – though it must be bad for your backs sitting at those desks.

Alex, via email

Finally, somebody has recognised our struggle.



Magic mix-up

While enjoying the August issue, I noticed some conflicting advice: on page 30 you mention the reasons why readers should see *Magic Mike XXL* but, later on, you advise us against it. What do you want from me, *FHM*?

Daniel, via email

We don't know, OK? We. Just. Don't. Know.

It's all in his head

Last month's 'Tell *FHM*' question, 'What's Your Weirdest Turn-On?' made my day. I don't mind telling you mine: anything to do with my head. Caressing, licking, shaving, washing, massaging, tickling – I reckon it's the second-most sensitive part of my body.

Scott, via email

That's the spirit, Scott. You've really given us the detail there. Now never contact us again.



Tanks very much

Check out this picture of me and my mate Matt in Slovakia. We've had an epic summer travelling though Europe and by far the best part was meeting this random bloke on our way to Budapest. He asked us if we wanted to have a go in his tank in return for just a few beers and our copy of *FHM*. He definitely appreciated the photos of the very beautiful Anastasia Ashley, too.

Dom, via email

We've got loads of copies in the office – we could probably build up our own army if we wanted to. We won't. But we could. Should we? We shouldn't. But... watch this space.



It's a bit... Limp

Cheers for a great article about Wes Borland – he's my idol. I didn't like Limp Bizkit that much, but Borland has a twisted and unique range of styles. Whatever he creates is amazing. What a good guy.

Justin, via email



Union's on strike?

As I opened up my monthly *FHM*, I was very upset to see no mention of the upcoming rugby union World Cup. With kick-off in September I find this depressing, especially when I think back to last year during the football World Cup. Surely it deserves some mention, especially as it's England's best chance of winning a world title.

Andy, via email

Patience is a virtue, Andy. Flick to p30 to catch our interview with England's Billy Vunipola, or p40 for our chat with Wales' Sam Warburton. Happy now?



FHMManFood of the month

Bottle-clinks all round to @maximus_meridious who, through the power of hashtagging and meat grilling, has bagged himself a crate of BrewDog's Punk IPA. Here's what *FHM* chef DJ BBQ had to say about it: "Cherry cola smoked duck is one of my favourite recipes – and you've knocked it out of the freakin' park, hombre! Fill your bathtub up with beer and soak in some delicious suds."

SHOW US YOUR MAN FOOD!

Every month, we select the greatest culinary triumphs that have been submitted on Twitter and Instagram. Are you the king of crisp sandwiches? The boss of burritos? Then show us with the hashtag #FHMManFood for a chance to win.

@fhm @fhmagram

Send us your letters...

WIN A 32-INCH TV AND A COPY OF WAR PIGS ON BLU-RAY

Got something sharp to say about the mag? Then tell us about it! To celebrate the release of *War Pigs*, starring Dolph Lundgren and Mickey

Rourke, on download, DVD and Blu-ray on 14 September, we're giving away a 32-inch TV and a copy of the movie. The World War II action epic follows a

rag-tag unit as they go behind enemy lines. Send us a letter (with a picture if possible) via one of the ways on the opposite page for your chance to win.



OCTOBER 2015

ACCESS

IT'S
GREAT
TO BE
A MAN

WHO
SHE?

Age: 23

From: Liverpool

Likes: House music,
Goa, Dairy Milk

Twitter:

@iamamyjackson

Instagram:

@iamamyjackson



A Star is BORN

Would Wife

From Merseyside to Bollywood, it's model turned subcontinental superstar Amy Jackson...

Overnight successes don't come much more overnight than Amy Jackson. She'd been nailing the modelling game when out of the blue she was picked to play a British governor's daughter in the Bollywood movie *Madrasapattinam*, which, apart from challenging spell-checks, was a huge hit in India in 2010.

Since then, Amy's appeared in hit after hit there – all while barely being known in her native Liverpool. So how's she been handling her double life? Let's ask her...

Hi Amy! So how does a girl from Liverpool end up acting in India?

I'd been modelling for a few years, and was in a pageant called Miss Teen World. An

Indian film director, AL Vijay, got in touch with my agent after he saw a picture of me. It was as simple as that.

How did the call go?

I was in bed, and the phone was ringing and ringing. I wasn't even excited – it was so bizarre. I didn't think it would actually happen so I didn't get my hopes up. He came over a week later to meet me in London. I went with my dad, and then after about 20 minutes of talking he said he wanted to sign me for the film and fly me over to India in a few weeks' time. I was just like, "What?" It was mental.

What was the moment when it dawned on you that you were going to be a star?

After the release of the first





film, I didn't know what to expect. When I first saw it in the cinema, I'd never seen an audience react in such a way. They treated it as a live event, and they were clapping the good guys and booing the bad guy. There's a scene in the film where I'm seduced. When that happened, people were whooping and cheering. That's when it hit me.

Given there's a dance scene every five minutes in Bollywood movies, have you had to learn Indian dancing?

Yep! It's hard, especially when you're doing it next to genuine Bollywood dancers – they have it in their bones. I just try not to look like I've been let loose in a club on a hen do. **Isn't it strange to be really super-famous in India,**

but still practically unknown in the UK?

It's really weird – I have all this going on in India, where I do the film star stuff, then I can go back to Liverpool and it's a complete contrast. I'm just the girl next door there. I can chill and take a break, then go back when I'm ready for action. It's like being Hannah Montana.

Did you splurge your cash



“The way to my heart is
FOOD
 – PURE AND SIMPLE”

when you got your first big pay cheque?

I'm usually OK like that, but last week I was on holiday and I bought my mum this piece of art. It's called *Staircase To Heaven* and it's a staircase made of wire. It's about 6ft tall and at the top there's a cloud that was pretty much just cotton wool. That was £6,000 or so. I couldn't bring

myself to tell my mum how much it cost, though.

The first thought most of us have about living in India is having the best curries in the world – have you been getting stuck into the phall while you've been there?

At first I had a nightmare as I didn't really like spicy food, but I love it these days. We're shooting in Romania at the moment and the crew is part Indian and part Romanian, but the catering is too hot for the Romanian crew. I hadn't realised how much I'd adapted to it. I do prefer Goan food, though, as it's not as spicy.

When you head back to India, do you stuff your suitcase with Marmite and other British cuisine?

Chocolate, definitely – I'm a chocoholic. You can't get good Dairy Milk in India. I can eat a whole suitcase-full in a week.

How is Mumbai? Can you recommend a bar?

Mumbai is amazing – it literally has everything. My favourite

bar is called Aer – it's outdoors and on top of a hotel, looking out over Mumbai old town. The atmosphere is amazing and the cocktails are pretty good, too.

Indian film fans can be pretty full-on – have you had guys getting your face tattooed on them and things like that?

No tattoos, but I've been sent lots of T-shirts with my face on. They're always sending me poems, which is pretty sweet.

So the way to your heart is by writing you some poetry?

The way to my heart is food – pure and simple.

Now you've conquered Bollywood, what's next in your plan for world domination?

I want to branch out and take on more roles all over the world. I've fallen in love with acting and I know it's what I want to do for the rest of my life. I'd love to work with James Cameron – he's my favourite director. And Leonardo DiCaprio: he's the best. *Avatar* 4 with me and Leo – that sounds good, doesn't it? **FHM**

ACCESS



GG I'VE BEEN SENT
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HOW I DID IT...

TOM RIDGEWELL, AKA TOMSKA, 25, YOUTUBE SUPERSTAR

When I was a kid I wanted to be something generic like a vet or an astronaut. Or an impressive combination of the two. That didn't really work out. **The life-changing moment came when I was 12.** I found a really rubbish animation on the internet of a guy on a skateboard making stupid noises. And I thought, "This is what I want to do for the rest of my life."

I downloaded every piece of dodgy video software I could find. My computer was filled with viruses – although that was probably something to do with all the porn I watched as well. I was a teenager, after all.

Growing up in a Jehovah's Witness household complicated things.

My parents worried about what I was seeing online – rightly so. My early animations featured guns and exploding heads. I got sent to a lot of doctors.

I once showed some porn to my grandma. Accidentally, of course. She came up to my room to watch my latest cartoon, and my virus-infested PC displayed some graphic pop-ups. You try explaining that to an old woman.

I gained my popularity by growing up online and understanding the language. Wanky as it sounds, I watched, I learned and I applied. I accepted I was going to make a lot of mistakes.

I fuck up a lot. And not just in my job. I once accidentally sent a sext to my accountant, a 60-year-old Indian man. It pretty much ruined our relationship.

A lot of YouTubers don't really create anything new. They just play off their personalities, and the fans lap it up. My audience, by and large, are more interested in my creative stuff, and I'm much happier that way.

I sleep better knowing kids aren't idolising me. I don't want to be worshipped. Some popular YouTubers are like cult leaders. They could easily form armies if they wanted to. We should definitely be scared.

When my friend and creative partner died in 2012, I learned a lot about legacy. Hundreds of people uploaded videos talking about how he'd influenced them. I realised it's not just about making popular videos, but about making a positive change. I keep his ashes in a Coke can in my house.

The most amazing feeling is being told that my videos helped someone beat depression. We don't get to truly help many people in our lives, but being on YouTube increases the chances.

Do I get along with other YouTubers? Hell no. They have the power to influence an entire generation, but they refuse to address anything edgy or controversial. I've put a lot of effort into tackling sexual abuse. I've got a young male audience and it's my responsibility to address these issues.

Chances are I'll probably never know who my videos have inspired. Maybe my name will be mentioned in some director's commentary I'll never hear. But it doesn't matter – that'd be good enough for me.

I think I'd be pretty good at stand-up comedy. But it's easier with video. I might do 100 takes before I'm happy. You can't do that on stage.

Check out Tom's YouTube channel at youtube.com/tomska





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all types

Entertain your brain

11 *things to make your month magical*

It was him



01

Problem solving

Fix the world with Shaggy

● He's had one of the biggest hits of the summer with *I Need Your Love* – but how else can Shaggy make the world a better place? We sat down with him to hear his thoughts on the planet's most pressing issues

GREECE

"There's only one way they're going to get out of this mess: by becoming the cannabis capital of Europe. It's always warm, so you could probably grow some nice weed over there and it'd also help chill everybody out – it's been a stressful few months, after all."

THE HUNT FOR EL CHAPO

"He's in the wrong business. They're after him because he sells cocaine, but imagine if he only dealt cannabis? Who's trying to lock up a weed man these days? Nobody! If cops catch you, chances are they'll just ask, 'Is this good?' Because I'm planning on hooking myself up later.' God bless Chapo, because I can't help him."

GLOBAL WARMING

"Cutting down trees has had a bad impact on the health of this planet, all for the sake of countless concrete jungles. The

solution? More greenery. It's not rocket science. Any halfwit should be able to figure that out, but these PhD guys can't solve simple problems."

WORLD HUNGER

"Hash brownies? That'd counteract the munchies effect, for sure. In California they have weed lollipops, weed tea, weed cookies and cake. I even had weed spaghetti the other day! It was tasty, and I was pretty high after my last bite."

THE CONFEDERATE FLAG

"They should take it down and replace it with a new flag: a picture of a marijuana leaf on one side, and Bob Marley's face on the other. I think yellow, green and black would look good, but maybe I'm biased. It'd be a great symbol of unity. In fact, I think we should all adopt it as a universal flag. The world would be a much happier place."

02

Musical icons

Witness some legends return

● Prepare for a flurry of comeback albums from some of music's biggest stars



THE LIBERTINES

Anthems For Doomed Youth
out 4 September
Last album: *The Libertines* (2004)

Time elapsed:
11 years



A-HA

Cast In Steel
out 4 September
Last album: *Foot Of The Mountain* (2009)

Time elapsed:
Six years



SLAYER

Repentless
out 11 September
Last album: *World Painted Blood* (2009)

Time elapsed:
Six years



KEITH RICHARDS

Crosseyed Heart
out 18 September
Last (solo) album: *Main Offender* (1992)

Time elapsed:
23 years



MERCURY REV

The Light In You
out 18 September
Last album: *Snowflake Midnight* (2008)

Time elapsed:
Seven years

03

Top book

Get the recipe for a new Bond classic

● This month sees the release of new James Bond novel *Trigger Mortis*. We asked the author, Anthony 'Stormbreaker' Horowitz, to break down the DNA of Ian Fleming's legendary super-spy...

THE PERIOD

"People tend to think of the Bond of the films as being adaptable to his times, but the Bond of the books is very specifically of the '50s. He's a veteran of World War II, for example, and that shapes his world view. I immersed myself in that period as much as I could, and then tried to think of what Bond would make of everything he saw. As soon as he reaches for a drink,

I had to research what was in the glass."

KEEPING IT OLD-SCHOOL

"It's fair to say the Bond of the books holds some pretty old-fashioned attitudes – it's a delicate line to draw now when you're writing about his view of women, say. I wanted to be true to the spirit of the time. Men perceived women

differently to how we perceive them now – luckily, my wife guided me."

THE VILLAIN

"In the films, the Bond villains are usually pretty over the top – I didn't want to give mine a fourth nipple or a long, *Austin Powers*-style monologue. You want to humanise him, so I made mine a survivor of one of the worst massacres of the Korean War."

THE TECHNOLOGY

"There aren't nearly as many gadgets in the books as the films, but Fleming was obsessed with keeping the world of the books at the cutting edge. The '50s was the rocket age and they appear in several books – so it felt natural to put my book in that world."

Trigger Mortis by Anthony Horowitz is out 8 September (£9.49, Orion)



04

TV magic

Check out the new TV gold

● It's been seven years since *The Wire* ended, and while creator David Simon has since produced New Orleans-set *Treme*, we've been itching for him to get back to the shady dealings and dodgy politics of his signature show.

Good news, then: his brand-new *Show Me A Hero* is halfway through its run on Sky Atlantic and, though its story of disputes over property zoning just outside New York may sound Sahara-dry, but it's every bit as compelling as *The Wire*. Check it out, especially if you're into seeing *Star Wars*'s Oscar Isaac boasting a phenomenal '80s 'tache.

Show Me A Hero is on Mondays at 9pm on Sky Atlantic



PHOTOGRAPHY: HOME BOX OFFICE

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STAND-UPS AT BREAKFAST

Christian O'Connell
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**Absolute
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05

Musical movies

Build yourself the ultimate music doc

● This month, Arcade Fire release *The Reflektor Tapes*, a new documentary following the band as they recorded their 2013 album, *Reflektor*. Here's our recipe for the ultimate music movie...



35%

CONTROVERSY

Gimme Shelter, 1970
The Rolling Stones' notorious 1969 Altamont show ended up with the murder of a crowd member. All-round bad scene, then.



25%

AWESOME PERFORMANCES

Stop Making Sense, 1984
Ace new-wave band Talking Heads's film is the best concert movie ever, hands down.



25%

BLATANT DRUG USE

The Last Waltz, 1978
Half the performers at this star-studded farewell show are clearly off their heads. This is what life was like before the internet.



15%

HEARTWARMING COMEBACKS

Anvil: The Story of Anvil, 2008
These '80s metal also-rans mount an unlikely return in this uplifting doc.

06 Cherish a new cartoonist

Comics

● It's back to school time, so we commissioned cartoonist Ted Gudlat to take the edge off with this unique cartoon



Funny-Hahas by Ted Gudlat is out now (£20, Roads)

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07

Cult TV

Savour some smart comedy

● These US comedies may have passed you by, but they're well worth getting up to date with

01 BOJACK HORSEMAN (Netflix) This sleeper hit recently dropped its second season and word is spreading fast. The story of a jaded half-human, half-horse actor and his Hollywood misadventures is tricky to describe, but you'll still want to rave about it.

02 SILICON VALLEY (Sky Atlantic) A spot-on piss-take of the Californian nerd mecca, this is like *The Social Network* played for laughs. It follows the birth of a start-up and how it navigates the rapids of a tech industry only just heightened from reality. Worth watching for the potshots it takes at Google, Facebook etc alone.

03 BROAD CITY (Comedy Central) Following the lives of two twentysomething stoners in New York, this could be a *Girls* knock-off – but it's in a bonkers league of its own. Despite focusing on how skint its leads are, almost anything can happen – trips to the bank can turn into Missy Elliott videos. Even Seth Rogen shows up.

04 ARCHER (Netflix) This was all but abandoned due to Channel 5's traditional cluelessness when it comes to quality American imports – it screwed up showing *Breaking Bad*, too. Luckily, much like with *BB*, Netflix has rescued it, so that Brit viewers can get their fix of this inspired, animated spy spoof.



01



02



03



04



08

Sofa night

Check out the summer movies you might have missed

● Mark Kermode, film critic for Radio 5 Live and *The Observer*, runs us through the movies we may have shunned in favour of a repeat viewing of *Jurassic World*...

A GIRL WALKS HOME ALONE AT NIGHT

"This is the first Iranian vampire-western, or at least it is as far as I'm aware. I love the way it looks and it has a brilliant use of music – the director used to be a bassist, and it shows."

GIRLHOOD

"This is about teenage girl gangs in the rough housing projects around Paris. It's a little bit like [90s classic] *La Haine*, but is still fresh – it's exciting stuff, very honest about its world, and feels like it's been made by someone who loves their characters – which is a surprisingly rare quality."

LOVE AND MERCY

"This is a brilliant look at Brian Wilson, the troubled songwriter of The Beach Boys. It does something very few other films manage to do – you watch them in recording sessions and it actually feels like they're recording the music you know so well. It's remarkable."

SLOW WEST

"This has lots of people sitting around campfires singing strange songs about thunder and the devil. It's another spin on the western, only a little more traditional, and Michael Fassbender is excellent in it."

Mark Kermode is a judge for the *Well Done U* short film competition

09

Movie posters

Take in some terrific trash

● A few years ago, film director Nicolas Winding Refn (*Drive*, *Only God Forgives*) accidentally bought thousands of old film posters from the fleapits of New York. He's collected the best into ace new coffee-table book *The Act Of Seeing* (£52.50, Fab) – here, he runs us through some of his favourites

ZAAT

"This movie is obscure as it gets, but yet it's on American iTunes. It has a mutant catfish in it: what more do you need? I have no idea where they got the title from, but I'm sure they had good reasons."



THE DEMONS

"This was a hand-painted poster for a cinema that was showing illegal prints of films. I like to imagine a teenager in the back room, being given a dollar by an usher to cobble some kind of poster together."



NIGHT TIDE

"I've seen this one a lot – the director became a friend of mine. You should check it out, it's terrific – it feels like an old fairy tale. It was Dennis Hopper's first lead role, so it's pretty historic in its own way."



THE WICKED DIE SLOW

"This is a western. What a poster. They didn't worry about political correctness back then. We've become so much more sensitive now, politically and socially – you couldn't make these films now."



10

Girl crush

Fall in love with Emily Haines all over again

● If you're anything like us, you'll have marked Canadian indie band Metric's 2009 album *Fantasies* as the start of a six-year love affair with the rather beautiful Emily Haines.

Not only is Emily wildly talented (she plays keyboards, piano, guitar, tambourine and harmonica and sings with a voice that hits you like a rollercoaster drop) she's also back this month with the band's sixth studio album, *Pagans In Vegas*.

The good news is that while the new-wave melodies and meditative lyrics are back, *Pagans* sees the band go in a more 'danceable' direction – meaning your girlfriend won't complain when you put it on during Friday night pre-drinks. Not up to speed with the band? Here are our favourite tracks to check out:

01 GIMME SYMPATHY

Asks the all important question: "Who would you rather be, The Beatles or The Rolling Stones?"

02 WAVES

A *Fantasies* B-side you'll put your voice out trying to sing along to.

03 YOUTH WITHOUT YOUTH

Walking-to-the-pub music.

04 CASCADES

The new single. Slip on those dancing shoes.

Ready yourself for the Rugby World Cup

● Rugby's biggest show comes to the UK this month. Here's England's mighty Billy Vunipola on the players to watch from the top teams



01

SOUTH AFRICA

"Duane Vermeulen, my opposite number in South Africa, is a constant threat. He's strong, and someone I look up to. He's that bit more experienced, so I try to learn from him. He's a master at regrouping."

02

WALES

"Wales have a very strong back row – they're tough to stop. Toby Faletau has come into his own, especially in set pieces. He has a massive work rate, and a lot of energy and heart – I'm always trying to nullify him."

03

IRELAND

"Seán O'Brien is coming through at the moment, and I really rate him. He's so strong and people may not realise it because he's not the flashiest player. He's always ready to close down the other side."

04

NEW ZEALAND

"We were on tour in New Zealand last year, and I got taught a few lessons by Jerome Kaino. He's so experienced – he knows when to run and when to pass. He perhaps doesn't get noticed as much as he should."

05

SCOTLAND

"After playing them last year, the outstanding player for me was Jonny Gray. He's one of the younger boys but he stood out in the pack. He was at the forefront of everything – he's young, but not fazed by responsibility."

06

AUSTRALIA

"Australia are a very well-rounded side and I respect Michael Hooper massively. He can do everything: he's fast and strong, and instrumental in every victory. He's young, and he's just getting better and better."

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THE RISE OF GENERATION KIDULT

We're marrying later and would rather rollick at kiddy-themed club nights than start a family. Why have we become a nation of Peter Pans?

➔ Remember what it was like being eight years old? Unless you're currently nine years old, probably not. Here's what being eight was like: you were four-foot tall. You had not one pube. You slept in pyjamas. Your hairdo was shit. You were kind of into 'boobies', although you weren't sure *why*. Sometimes you'd eat sweets until you felt sick, then continue eating sweets. You found farts – the sound of farts, the smell of farts, the very concept of farts – funnier than anything else in existence.

Did that stroll down memory lane leave you nostalgic for those halcyon, pubeless days? Well, tell you what, you *can* be eight again, and stay like that. Because all those noisy, colourful, sugary things you loved back then? Everyone's all over them again. Come on in, the ballpit's lovely.

Late last year, Cereal Killer Cafe [Fig. 1] opened in East London. Grown adults could pay a 600 per cent mark-up for the kind of sugary cack they used to eat back when they had a Pokémon collection. A second London

branch swiftly followed, with copycat cafés soon appearing in Leeds and Manchester.

Trendy 'kidults' slurping Lucky Charms were just the tip of the iceberg. The most buzzed-over club night in London, Birmingham and Leeds right now is Regression Sessions [Fig. 2], where face-painted twentysomethings loll around with space hoppers, in ball pits and on bouncy castles. The promoters describe their night as the equivalent of "Toys R Us branching out into the rave scene". Looking for somewhere to meet your mates beforehand? Then try boardgame bar Draughts, where you can bang out a few exhilarating rounds of Buckaroo!, Guess Who? or Hungry Hippos.

Bouncing more your thing? Trampoline parks have sprung up in Bristol, Swindon, Birmingham, Essex and Manchester. Or there's cocktail bar Drink Shop Do, where you can build a robot from Lego then "give it a name and a special skill". Or there's Dino Snores, a dinosaur-themed sleepover for grown-ups at the Natural History Museum. Or you could join Antidote, a group organising adults-only versions of playground games such as tag and British bulldog. Or there's Pox Boo-Hoo, a club night where you draw red dots on yourself and pretend to have chicken pox while hired 'nans' bring you Lucozade and colouring-in books. Alright, the last one's made up – but it's only a matter of time.

Just three or four years ago, if you were a 32-year-old man enthusing about Buckaroo!, ball pits and Frosties on the internet, you'd likely have set off various red flags at Scotland Yard over your behaviour. But nowadays it's *fiine* if you share more interests with your little nephew than you do with your girlfriend. You're a fun guy. You're deffo not a dither; you just happen to own a Penny skateboard, a Spongebob hoodie, a Nerf rifle and a Lego Millennium Falcon.

But *why* are we like this right now? What's sending us scuttling back to

the simple pleasures of childhood? Well, some have theorised that it's all down to the harshness of modern life for men aged 20 to 40. Simon Pegg [Fig. 3] – himself the poster child for a generation of boy-men – blogged as much back in May. He wrote that in response to the awfulness of the world, "our instinct is to seek comfort, and where else were the majority of us most comfortable than our youth? A time when we were shielded from painful truths by our recreational passions, the toys we played with, the games we played, the comics we read".

He may have a point: the aftershocks of the 2008 economic crash – combined with a truly demented housing market – have left many of us locked out of taking that psychologically massive step into fully fledged adulthood: home ownership. Astonishingly, 3.3 million adults aged between 20 and 34 – one in *four* – are back living with their parents. When you're sleeping in the room you had your first ever wank in, regression is pretty much guaranteed.

With our lives stuck on hold, in jobs with no security, we're getting married much later: the number of British grooms under 25 has fallen by 90 per cent since 1970. And, for the first time in history, the majority of new UK dads are over 30.

With our adulthoods now not kicking in until early middle-age – and even then, only *barely* – it's no wonder we're filling the void by rewinding time when our gravest concern was, "Who's the best Turtle?" (It was Raphael; you're welcome.)

At least, that's the grim version. A more positive view of the kidult phenomenon would be this: have you *been* on a trampoline lately? It is bloody *brilliant* – ditto ball pits and bouncy castles. No, our dads didn't giddily leap around like children but, honestly, that's their loss. They're the idiots in this scenario, not us.

Sod it, let's go with that. Now pass me some Nerf darts... this thing's not going to reload itself. **FHM**

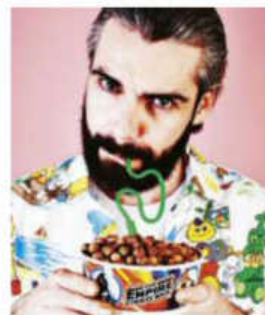


Fig. 1

Silly straws are included at Cereal Killer Cafe, but you have to bring your own beard.



Fig. 2

It takes big balls to fully embrace your inner child at club night Regression Sessions.



Fig. 3

Ravages of time? What ravages of time?

Cool materials

START A VINYL TOY OBSESSION

The 12 essential pieces to kickstart any collection

[01]



[04]



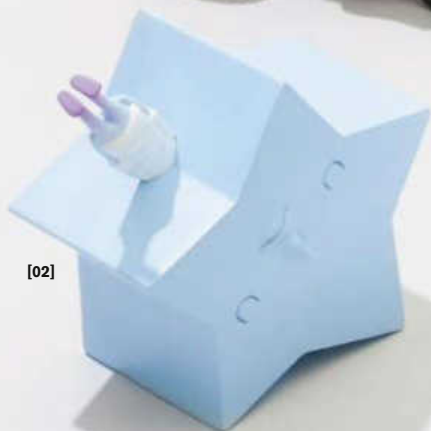
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[03]



**01 SHOW SOME GUTS**

This one's name loosely translates as 'the rabbit skinned at the guts'. Thanks, Google! Though we probably could have guessed that. *Lepus Pellis Os Omentum* by Nychos, £195

02 SHOOT FOR THE STARS

Yamamoto's past work for manufacturer Mighty Jaxx has all sold out – and going by this corker, it's clear why. *Wish Upon Me* by Yoskay Yamamoto, £80

03 HANG IN THERE

Bit of a dark one this, but hey, not everything can be sweetness and light – and a portion of the proceeds go to charities working to prevent suicide. *Hung* by Luke Chueh, £9.50

04 SAY CHEESE

Care to take a wild guess where this is from? It's Japan, obviously. And we're just realising that all teddy bears are improved by mouths full of teeth. *Muckey 9th (Punk)* by Hiroto Ohkubo, £90

05 MAKE A MOVE

Chess may be more the preserve of creepy child prodigies and vaguely sinister computers, but we might take it up if all the pieces are as cool as this. *The Last Night* by Andrew Bell, £62

06 RABBIT ON

One of last year's most sought-after vinyl figures, this is a fun one – and who doesn't want a frightened rabbit in their house? *Choices* by Jermaine Rogers, £65

07 DO THE ROBOT

These are mega popular – and you can see why, with designs from a whole bunch of artists, including Devilrobots and Gary Ham. *Android 5* by various, £8

08 HUG A BEAR

This is Chicago artist JC Rivera's first production toy, but if you want one you'll have to be snappy – this is one of only 50 ever made. *Bearchamp* by JC Rivera, £35

09 CAUSE TROUBLE

Printers, get in touch. We're looking for a good deal on putting King Of Mischief on our business cards. *Sylvan: King Of Mischief* by Jon-Paul Kaiser, £60

10 HAVE A BREW

Cup of joe in hand, this monkey is as big a fan of mornings as the *FHM* office. We rarely have songbirds on our tails, mind. *Monkey (Good Morning Sunshine)* by Joe Ledbetter, £75

11 GET ROMANTIC

Hailing from Holland, this is the second edition of this figure – but the bright colours have been replaced with shades of grey. *Pierced* by Parra, £120

12 CHEER UP

There's a backstory for this one about a grumpy hedgehog in a magical forest, but it's probably best for your sanity not to go too deep into it. *Heathrow The Hedgehog* by Frank Kozik, £9

All toys available from collectanddisplay.com

WHAT WOULDN'T

A bunch of ink-lovers at The Great British Tattoo



Aima, 33, model, Birmingham

"I had a house party and slept with some dude in my parents' bed. I didn't change the sheets. Ignorance is bliss."



Ketrin, 21, dermatologist, Italy

"If I got a bad mark at school, I'd forge my parents' signature on the note that my grade came home on."



Lulu, 29, sales assistant, Berlin

"I have 14 tattoos and they probably only know about six of them."



Andrea, 22, estate agent, London

"At school, I told my mum I was going camping – but I was actually going to a massive rave. I was only 15."



Marie, 27, receptionist, Cornwall

"Something to do with drugs – I couldn't possibly say what. But I'm sure my parents have done it all in the past anyway."



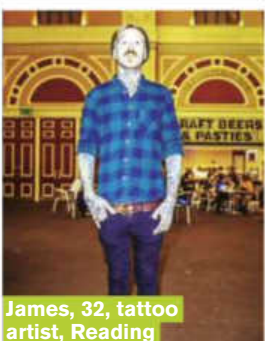
Amo, 33, retail assistant, Guildford

"When I was seven and my brother was 10, we dared each other to drink our mum's whisky. It didn't end well."



Yann, 25, body piercer, Switzerland

"When I was 14, I got my own name tattooed on me in Thai. I was always trying to cover it up. I don't worry too much now."



James, 32, tattoo artist, Reading

"A hitchhiker once passed me a joint, and I had a few tokes. I soon realised it wasn't weed – it was crack."



Sophie, 21, tailor, Essex

"I once put some LSD in a loaf of bread. I'd cracked the vial and I had to put it somewhere."



Dalila, 24, pub manager, Rome

"I pretended I'd been accepted for an internship in Milan. My parents paid for everything, but it was just a holiday."



Nicola, 29, model, High Wycombe

"I've got a heart tattooed somewhere I probably shouldn't. A plain black one. My mum wouldn't be very happy."

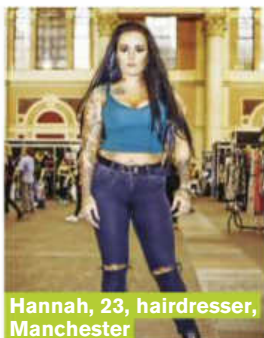


Jacki, 28, model, West London

"I regret telling my mum that I got pierced down there. It was pretty awkward. She didn't want to see it."

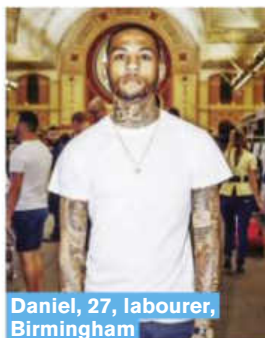
YOU TELL YOUR PARENTS? ACCESS

Show admit the one thing they'll never reveal to their folks



Hannah, 23, hairdresser, Manchester

"At a party at my house, I got my mate to sit down and close his eyes. Then I shoved a dildo into his mouth."



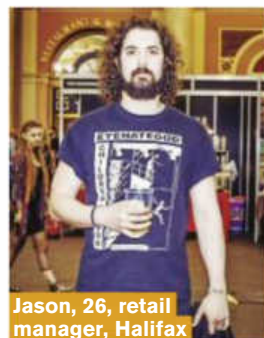
Daniel, 27, labourer, Birmingham

"I wouldn't tell them how many girls I've slept with. My parents are Christian so it wouldn't go down very well."



Becky, 27, tattoo artist, Cheshire

"My dad made me promise I wouldn't tattoo my throat, otherwise he'd cut me out of his will. I did it last week."



Jason, 26, retail manager, Halifax

"On a family holiday, I threw my sister into the tent and it completely collapsed. Luckily she didn't squeal on me."



Ash, 23, retail assistant, Sheffield

"As a kid, my friend and I were doing some spells. We spilt candle wax on the carpet, so I cut it out with scissors."



Jonny, 33, body piercer, Bristol

"I stole a car when I was 17 and took it for a joy ride. I was just young and stupid."



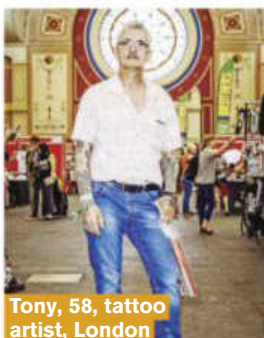
Lauren, 24, PR, London

"I had sex with my ex-boyfriend in their room when they were on holiday. But I made the bed and fluffed the pillows up!"



Paul, 27, advertising, Kingston

"When I was dropping acid in a nightclub in Australia, I thought 'What would my mum think of me?'. It was a bad trip."



Tony, 58, tattoo artist, London

"Nah, I'm always honest. No secrets. If you tell a lie it'll come around and bite you on the arse. Believe me."



Kristina, 26, receptionist, Lithuania

"My mum always finds out. I hid my first tattoo for two years, but she saw it in a changing room. She freaked out."



Paulo, 28, photographer, Portugal

"My mum didn't want me to go to Africa for a job, but I did – when I Skyped her, I pretended I was in Portugal."



Ryan, 25, tattoo model, Sheffield

"My parents told me to never get a neck and hand tattoo. Needless to say I got them done anyway."

New style

THE GREAT BRITISH SUIT STRIKES BACK

They're not just for weddings and court appearances, you know

As we've seen from the adventures of *Mad Men*'s Don Draper and travelling Italian football teams, the suit has never really gone away – but new film *Legend* is bringing it back to Britain. Sure, it's about the notorious gangsters (and murderers) Reggie and Ronnie Kray, but there's no denying Tom Hardy looks *sharp* in a whistle. Especially deliciously old-school '60s suits, which are gritty and practical in a way that Don Draper's skin-tight suits could never be. It's a bold new move for movie tailoring – and you can do the same.

According to *Legend* costume designer and tailor-to-the-stars Caroline Harris, the biggest thing when buying a suit is being open to new ideas. "Go off-piste from what you've previously bought," she says. "Tom wears a lot of double-breasted suits, which can give very interesting silhouettes. There are many ways to cut suits, so avoid getting bogged down in the current fashion. As long as it fits around your shoulders, there's no limit."

Legend is out 9 September



EXHIBIT A
Tom as Reggie Kray: bad man, snappy dresser

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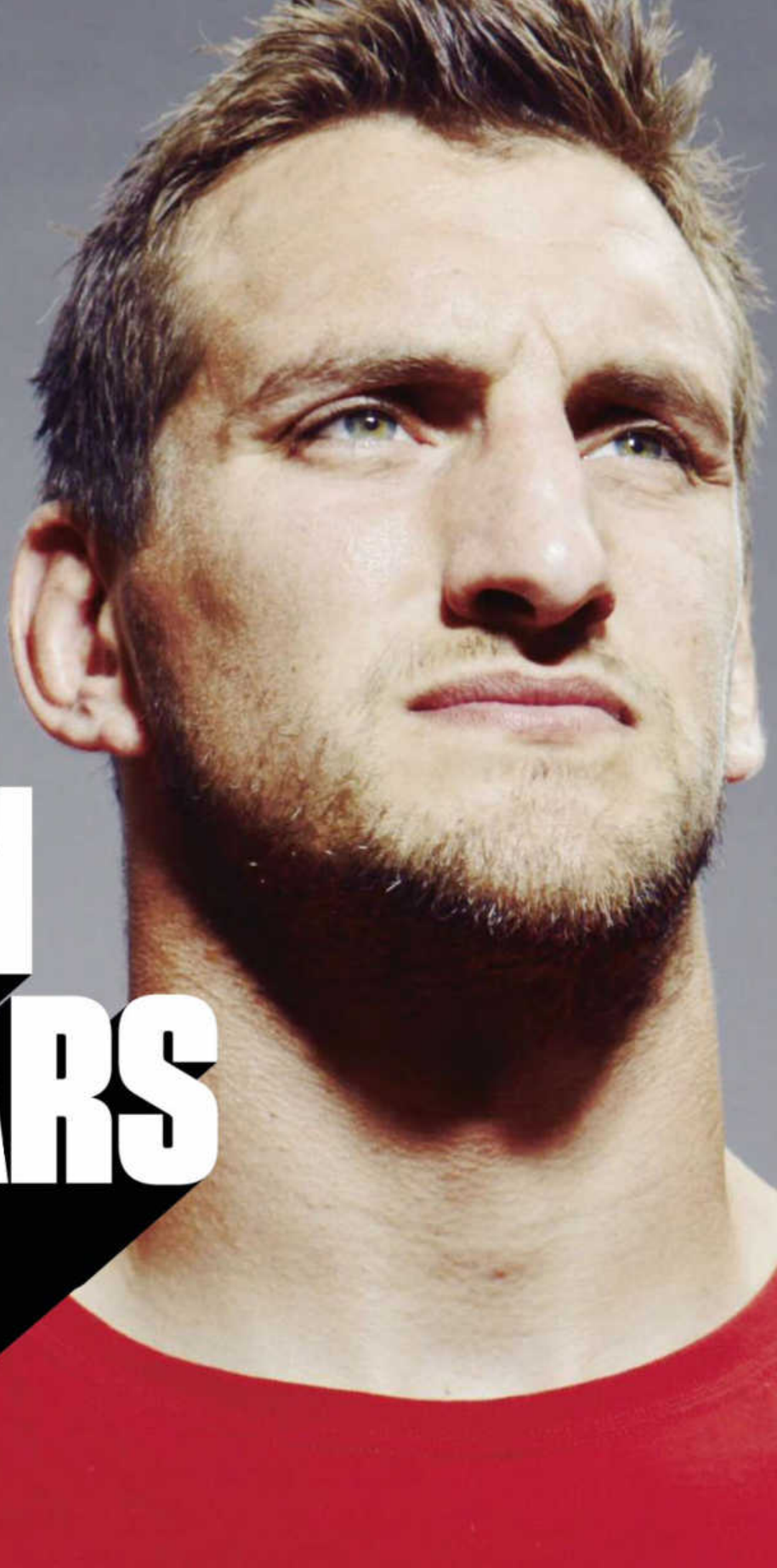




THE LION ROARS

Words: Oliver Pickup

Photography: Fred MacGregor



WITH TWO WEEKS TO GO UNTIL THE RUGBY WORLD CUP, WALES CAPTAIN SAM WarBURTON IS FIRED UP. BUT CAN THE CURRY-SWILLING LEDLEY KING FAN WHO WAS SCHOOLMATES WITH GARETH BALE REALLY LEAD HIS COUNTRY TO ITS FIRST EVER WORLD CUP FINAL?

Sam Warburton is discussing his Labradoodle, Ledley. He's explaining that the moniker continues a tradition his London-born, Birmingham-raised father, Jez, began of naming the family dogs after Tottenham Hotspur legends.

"There's been Glenn, Gus, Teddy, Dawson... and Alfie Conn, a player with big sideburns my dad loved in the '70s," says the Welsh rugby union captain, who has led his country a record 35 times. "But Ledley, as in King, is my choice. He's my all-time favourite. Just like me, he has dodgy knees – the footballer, not my dog."

Taking a break from Wales' rigorous Rugby World Cup preparations to drive around the Herefordshire countryside, on the green and at times hilly grounds of Eastnor Castle, Warburton is revelling in his time at the wheel of a giant white Land Rover.

After overcoming a particularly challenging stretch of track, aptly named Gearbox Hill, the pleased 26-year-old pats the car's dashboard, as he would his pooch, and purrs, "Well done, girl. Do you have a name? We should call you Rosie, like [Spurs' left-back] Danny Rose."

This rather surreal display of zoomorphism, coupled with the fact that he is talking to a car, is odd; you might even say a little troubling. But he's a big man, and in very good shape. We move on. Given that Warburton has pulled on a Welsh jersey 54 times, and captained the British and Irish Lions twice, becoming the youngest-ever skipper in the side's 125-year history in 2013, his keenness to discuss things of a round-ball nature comes as a surprise.

Indeed, considering the Lions won that series Down Under, and with two Six Nations winners' medals to his name, it is similarly surprising that Warburton holds meeting his hero King for the first time – at White Hart

Lane in February when Spurs defeated Arsenal 2-1 thanks to a Harry Kane brace – his "best day ever, hands down".

Why is King, a seemingly always-injured former England international whose career ended in 2012, his favourite player? "There is something about a one-club man," Warburton says. "I like the sound of being a one-club man, too, at Cardiff Blues."

WARBURTON IS FAR FROM A CONVENTIONAL RUGBY PLAYER.

He tells us he "can't walk up the stairs without holding on to the banister during the season" because of the colossal strain it puts on his 16st 10lb body and, in a bid to reduce injury, he uses a cold therapy compress on his knees that regularly refreezes and wakes him up every two hours at night.

He also has a distaste for booze and, on the rare occasions he does indulge, his tippie of choice is vodka cranberry. "I know it's not very manly," Warburton says, "but it's the only drink I find palatable as it masks the alcohol. If I have a pint it swills in my stomach and comes back up almost immediately."

To be fair, there can't be many university rugby captains big enough to force a man of Warburton's size to neck a pint to join their team – whether they've thrown up in it first or not.

"I drink once in a blue moon, once or twice a year maximum," he says.

Even on his stag do last year, in Newcastle, his pals went easy on him. "I didn't want to have one; I hate being the centre of attention," he says. "We did some paintballing and stuff like that, and while most of the boys drank on Saturday afternoon I was sleeping in bed, preparing myself for the night ahead. My mates

know what I'm like, so they didn't embarrass me with stupid outfits either."

Mindful of life after rugby, the *Grand Designs* addict has begun amassing a property empire, having refurbished a handful of houses and flats for rental. When informed that the 4.4 V8 Vogue Auto he is driving costs around £105,000, he whistles and says, "That would buy you two houses in the Rhondda Valley."

AT THE CORE OF THE BACK-ROWER'S PROFESSIONALISM IS A FIERCELY COMPETITIVE NATURE.

It was cultivated by growing up in a sporty household with an identical twin, Ben, who works as a physiotherapist at Cardiff Blues, Sam's club. "At school there was this one Christmas holiday when we had 21 days off and I trained for every single one, except Christmas Day. That was only because the gym was closed," he says. "My friends used to laugh at me, telling me to relax more, and I remember thinking, 'I'll be the one laughing when I'm playing for Wales.' I've always had that determination, I guess."

Losing is something he vehemently hates, even if it is at badminton with his wife, Rachel, a former Welsh international player. "She beat me 21-0 once," he admits ruefully. "Two kids spotted me in the leisure centre and said, 'Look, there's Sam Warburton playing badminton... and he's getting his arse kicked.' I had a tantrum afterwards. We've not played again since."

Warburton confesses to being a "home bird", enjoying having his friends, family and Labradoodle close by in South Wales. This is the main reason he wants to remain at Cardiff Blues, ignoring the riches on offer across the Channel in France. The roots are deep. He and Rachel, now an accountant, were "high-school sweethearts" and lived four doors apart from one another as youngsters before marrying last summer in Newport.



Further, Rhiwbina RFC, found just a Garryowen kick away from his parents' house, was Warburton's first club. At 12, he experienced his first fumbblings with the game as a 'squirrel', the team nickname. Even though he spent just three years there, it remains a place close to his heart and he regularly pays them a visit to help nourish the grassroots of rugby in Wales. It also helps that his favourite curry house, Juboraj, where he knows all the staff on a first-name basis, is nearby.

They, no doubt, love him back, given the mountain of food he puts away. Suddenly a distant look crosses his face, and he begins, unprompted, to recite his menu choices. "It's always the same," he says. "Poppadoms, onion bhajji and chicken chaat to start; then chicken tikka dhansak, with rice, chips and plenty of garlic naan bread. Rach and I love it." After big wins, for both the Blues and Wales, a celebratory Indian meal with a pint of Coca-Cola hits the spot.

Warburton didn't take rugby seriously until his mid-teens. "I was obsessed by football, thanks to my dad, who moved to Cardiff as a fireman," the 6ft 2in openside flanker, biceps bulging





from beneath his T-shirt and twitching at every steer of the wheel, says. "I still have the shirt I got for my sixth birthday; it said 'Sam No 6' on the back."

Indeed, it was only after an unsuccessful Cardiff City trial at the age of 14 that Warburton's suspicions were confirmed that he was not quite good enough to make the grade in professional football – unlike his old school pal Gareth Bale, who became the world's most expensive footballer two years ago, moving from Tottenham to Real Madrid for a reported €100 million (£85.3 million).

"Those trials made me realise how far off I was," says Warburton, "and that rugby was my best chance of making it. There was no chance of me being

another Gareth. He's in a league of his own now, and was head and shoulders above everyone else back then. Besides, I always

enjoyed the physical side of football and would regularly be penalised for being, not dirty, but too aggressive. So rugby was a good way for me to channel that aggression."

"I TOTALLY BOTTLED IT. LUCKILY, AFTER THAT NO-SHOW HE CONVINCED ME TO GIVE IT ANOTHER GO"

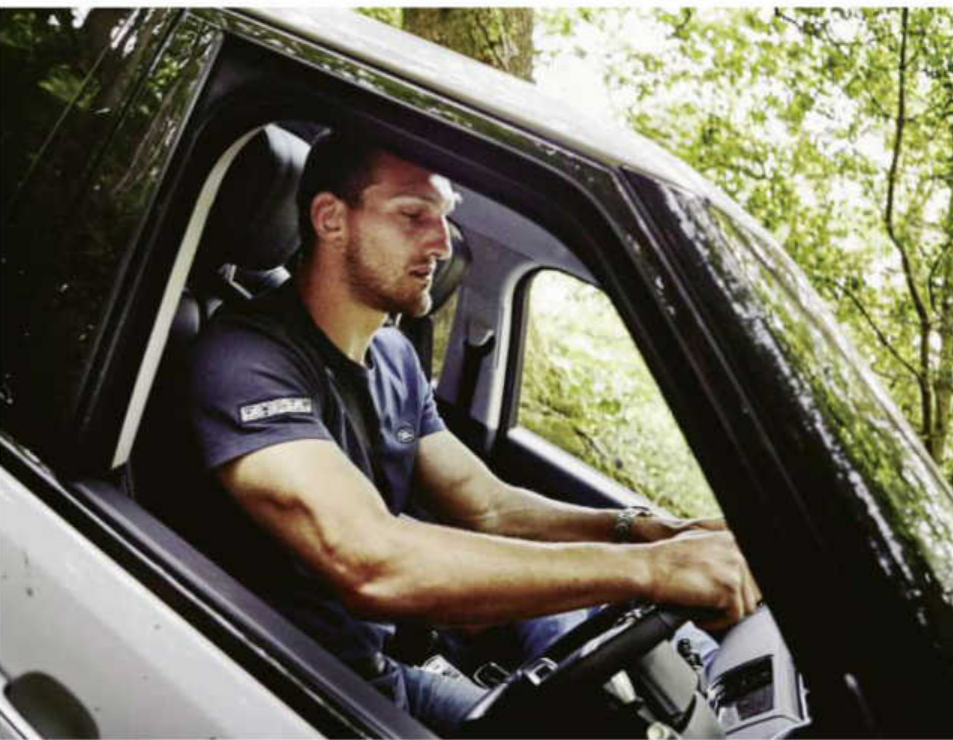
THE FIRST PERSON TO RECOGNISE WARBURTON'S LEADERSHIP QUALITIES WAS HIS HEADMASTER.

But despite the early encouragement, Warburton was reluctant to give rugby a go, at least initially. In fact the first time Frank Rees, now 65, selected him to play at Llanished Fach Primary School, the then nine-year-old Warburton was so worried about his impending performance that he dashed home after school in a panic.

"For some strange reason he went home just

before the match was due to kick off at 4pm," Rees later says. "I phoned up his dad the next day to ask him if he knew why Sam hadn't turned up. He said, 'I'm awfully sorry Mr Rees – he just got so nervous that he couldn't face it.' I said, 'Well you should really encourage him, because he's going to be a very, very good player one day.'"

With a sheepish grin curling on his lips as we power through some natural water in the Vogue, the splash-back licking and muddying the vehicle, Warburton admits, "It's true: I totally bottled it. I was just too nervous to play rugby and I felt as though it was way out of my comfort zone. But, luckily, after that no-show he convinced me to give it another go."



Once he'd been persuaded that rugby was his game, Rees's protégé had a determination to soak up information like a sponge. "He was so responsive in training and he wanted to learn and improve – he had a great appetite for it," his old coach recalled. "He was ferocious, but always very clean. He was a dream to coach: very mature with great intuition. You could see his potential even then; he stood out. He was so determined, and fearless – he was prepared to tackle anything."

Warburton moved up to Whitchurch High School, where Bale was in many of his classes, for years seven to 11. The pair played in the same school football team, with Bale, then on the books at Southampton, working his magic up top with Warburton at the back.

"My claim to fame is that Gareth said if I wasn't playing in defence we wouldn't win," the former centre-back, or defensive midfielder, says with a sense of pride, as we meander in the Land Rover through woodland to an opening, disturbing some deer. "It's like *Jurassic World*, this," he coos.

Is he still in touch with Bale? "We message each other on Twitter if there's a big Wales match, or Real Madrid game, coming up. But we haven't seen each other for a few years now."

After kicking football into touch and committing to rugby, Warburton excelled at an incredible rate, featuring at age-grade level for Wales – captaining the under-19s and 20s – before winning his first full international cap, aged 20, less than a year after making his Cardiff Blues debut, in a tour match against USA in Chicago in June 2009.

"MY CLAIM TO FAME IS THAT GARETH [BALE] SAID IF I WASN'T PLAYING IN DEFENCE WE WOULDN'T WIN"

THIS SEPTEMBER, WARBURTON WILL CAPTAIN THE WELSH TEAM IN HIS SECOND RUGBY WORLD CUP.

Four years on from when he became the tournament's youngest ever skipper (aged 22 years and 341 days), he'll be looking to navigate through Pool A, the 'group of death', which also includes Australia and England, and from which only two teams are able to advance.

In 2011 his scintillating form saw him named man of the match in the opening game against South Africa – even though Wales lost 17-16 – stealing breakdown possession an incredible six times and making nearly a quarter of his side's tackles (23 out of 99).

Warburton's performances propelled the Welsh to the semi-finals in New Zealand and they were favourites to advance past France, but no one could have predicted the cruel twist of fate that would arrive in the 19th minute of the match, flipping the contest on its head. Defending from a French line-out, the Wales



flanker careered into Vincent Clerc, stepping off his right wing, and the significantly smaller player was upended, landing on his neck. Owing to recent law changes, designed to stop dangerous 'tip-tackles', referee Alain Rolland had no choice but to eject the Welsh skipper. His side had to play 61 minutes with 14 men and France scraped through 9-8. Unsurprisingly, Warburton names the incident as the lowest point in his career.

"I hit [Clerc] and went to get the ball and remember thinking that it was a good tackle and brilliant turnover," he recalls as we sit on the Vogue's tailgate, having concluded our off-road experience. "Then suddenly the French players were launching in to me. I got the red card and walked off, stunned. When I saw the replay, it did look a lot worse than I thought it was. I knew I was going to get banned."

Looking at this year's competition, with Wales – currently sixth in world rugby's



rankings, behind England and the Wallabies – Warburton is sanguine about his side's chances. "If you want to win the World Cup, you have to beat the best sides anyway," he adds with a shrug. "Whoever does advance from our group will make it all the way through to the final."

If Wales are to reach the latter stages of the competition they will need their captain to be at his warrior-like best. Having spent an afternoon "doing what boys like to do best: getting muddy", we've learnt that while Warburton is a determined sportsman, there is much more to the dog-loving, property-obsessed Welsh captain – and plenty of it surprising. Should Wales make the Rugby World Cup final this year – something the country has never managed before – a trip to Juboraj is certain. And you never know, he might even have a vodka cranberry to celebrate. **FHM**

Sam is a Land Rover ambassador. Land Rover aims to put grassroots rugby on the global stage as part of its We Deal In Real campaign

SCHOOL BREAKS: SPORT'S FINEST PLAYGROUND CHUMS



WAYNE ROONEY AND FRANCIS JEFFERS

De Le Salle high school knows a thing or two about strikers. England's Francis Jeffers and – more impressively – Wayne Rooney both went there. They also both made their England debuts in the same game against Australia in 2003.



JAMES HASKELL AND PAUL DORAN-JONES

Rugby man-mountain Haskell, then aged 18, was once suspended from Wellington College after being involved in the release of a raunchy tape involving best mate and fellow player Doran-Jones. Also in the same year was Scotland international and former Mr Kelly Brook, Thom Evans.



LEIGHTON BAINES AND RYAN TAYLOR

If you had a left foot at Kirkby High School, it was probably best to stay at home. These two left backs also played for local side Key Ways with David Nugent. Interestingly, Ryan Taylor took all the free kicks.



EVERY ENGLAND PLAYER EVER

OK, maybe not every player. But because of its proximity to the now defunct Lilleshall School of Excellence, Michael Owen, Sol Campbell, Jermain Defoe, Wes Brown and Jamie Carragher all attended Idsall School in Shifnal around the same time.



FHM man food
DJ BBQ PRESENTS



EL SCORCHIO

MEXICAN BEEF RIBS

Spicy bricks of beef slathered in barbecue sauce?
Your cookout just got real, hombre...



PHOTOGRAPHY: JAMES BYRNE. FOOD STYLING: MARTA WOTCZAK

01

Combine all the spices to make a spicy Mexican rub. Generously sprinkle it over the ribs, then paint on a coating of mustard with a pastry brush. Hit the meat again with the rub. "The beef is gonna suck up all that flavour as the fat cooks," DJ BBQ says.



THE RECIPE

Takes 2 hr 30 mins

Ingredients

1 tbsp sea salt
1 tsp cayenne pepper
1 tsp onion granules
1 tsp garlic granules
1 tsp smoked paprika
1 tbsp ground cumin
1 tbsp chilli powder
8 beef short ribs
American yellow mustard
Barbecue sauce
Chives and chillies to garnish

02

Heat your barbecue to about 120°C, and throw down some hickory wood chips for a while to get some wood smoke into your meat. Then add the ribs. "I usually cook them with the fat side at the top and the bone on the bottom," says DJ BBQ. Close your grill for two hours.



03

Now's the time to add your barbecue sauce. Slather it on with a brush and cook your ribs for a further 15 minutes. This way, the

sugars won't burn and ruin all your hard work. Celebrate your meaty achievements with a cracking bottle of Mexican fire water.



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BY...



This month's challenger...

ASTON MERRYGOLD

Can the former JLS man backflip his way towards all-conquering bloke glory?

01 Have you ever successfully stared someone out?

Of course – you've got to stand your ground. The longest stare-out was about 10 seconds.

Bloke ✓

02 Have you ever fired a gun?

Only at a shooting range. My mate shot a bazooka into a field of cows in Thailand once.

Bloke ✓

03 What's the biggest thing you've set on fire?

My textiles book when I finished school. We threw all of our course work into a bonfire.

Not bloke ✗

04 Have you ever taken a girl on a date using a voucher?

Orange Wednesdays were standard practice growing up. They were a lifesaver. If a girl had a problem I'd just watch the film alone.

Bloke ✓

05 Have you ever eaten a raw egg?

Yeah, it was awful. I cook my eggs now.

Bloke ✓

06 What's your favourite smell?

Burnt toast. They should make a scented candle – I keep wasting perfectly good bread.

Bloke ✓

07 Ever shaved a part of your body other than your face?

I'm into manscaping, though not waxing. Nobody wants to walk down the street with bloodstained nipples.

Bloke ✓

08 Have you ever saved an animal?

I've saved an animal from myself. A duck was walking past my car slowly, so I revved my engine. He slowed down more. That duck mugged me right off.

Not bloke ✗

09 Ever spent a large amount of time talking to an animal?

I slate my girlfriend for doing this. How would she react if her dog started chatting back to her? She'd be terrified. Or put him on *Britain's Got Talent*.

Bloke ✓

10 Ever thrown a

punch and missed?

If I throw a punch, I'm landing it. Dancing and kickboxing have helped my hand-eye coordination. You've got to go all in.

Bloke ✓

11 Ever cried when people from broken homes sing well on *The X Factor*?

I've cried when I was on the show. The producers really know what buttons to press.

Not bloke ✗

12 How do you behave at barbecues?

I'm the shot guy. I'll arrive with a bottle of Jägermeister and make sure everyone downs one at the start.

Bloke ✓

13 What do you have on your pizza?

Tuna, nothing else. All I want is bread, sauce, cheese and tuna. Extra toppings are the bane of my life.

Not bloke ✗

14 How many seconds can you leave food on the floor and eat it?

I abide by the five-second rule. It's a code

I've always followed.

Not bloke ✗

15 Have you ever twerked?

Yeah, on TV. A Turkish dancer asked me to perform with her, and I rocked her world.

Bloke ✓

10/15

A poor show. Maybe that's down to the fact you have tuna on your pizza, Aston.

Aston's debut solo album *Show Stopper* is out in October

TAME A MANLY MANE

No man who takes pride in his appearance can afford to have a bad hair day. Thankfully, with The Bluebeards Revenge's new hair products, you can tame the manliest of manes. The matt paste, matt clay and pomade will cover you for any hair disaster, so you can get on with your day.



BLUEBEARDS-REVENGE.CO.UK

WORDS: NICK POPE



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FHM PRESENTS...

The

RULE BREAKERS

They are the renegades, the rebels, the misfits of life: the men and women who turn left when everyone else is turning right. They are the people who say no to the status quo. You may love them or hate them but you cannot ignore them. Because, whether you like it or not, they are the people changing our world

Words: Matt Blake, Sam Rowe, Liam Connell, Nick Pope



THE PHOTOGRAPHER WHO WAS BLOWN TO PIECES

In 2011, documentary-photographer Giles Duley lost both his legs and an arm when he stepped on a landmine in Afghanistan. But, 18 months later, he returned to the country to finish his project. He continues to work in war zones

The last thing I heard before the landmine blew was a click. I'd been in Afghanistan for four weeks with US Army 101st Airborne photographing civilian victims of war. It was 7 February 2011 and we'd arrived at a compound where the soldiers knew Taliban fighters had been. While the sergeants discussed how best to enter the compound, I turned to talk to a soldier. Then click.

The space between the click and the explosion is pretty instantaneous. I remember seeing myself from outside my body, being thrown into the air, no noise; just floating in a bright, white heat. Then I was lying in the sun feeling disorientated, but not in pain. I was beyond pain.

Then I saw my left arm, smouldering. There were white bones where the fingers should have been and

the skin had peeled back off my hand.

My arm was nothing compared to my legs.

They were nowhere to be seen – just white bones sticking out of shredded flesh, one above the knee and one below.

Then came a wonderful realisation. I could still see and my right hand was intact. I could still think, too. And then I realised I could still work as a photographer.

The funniest moment came during the medevac back to base. I had lost my arm and both legs. But something else worried me more. I turned to one of the medics and asked, "Do I still have my dick?" He lifted up the blanket to look and shouted, "Man, you've got a goddamn beer can down there!" Everyone laughed; me more out of relief than anything.

"I am still a photographer." Those were my first words to my family when they lifted my oxygen mask to speak at a Birmingham hospital three days later. Still, I spent the next 46 days in intensive care. My lungs gave in, my kidneys gave in – and, on 27 February, my family was called in to say goodbye. But one by one, my organs came back to life.

The doctors told me I'd never walk again, or live independently. They said I shouldn't even have lived – most soldiers with those injuries don't survive. And at first I wished I hadn't. It was pure stubbornness. As a child I was told it'd be the end of me, but it was

starting to become my greatest asset. Lying in the hospital bed one morning about three months later, I thought, "Fuck that, fuck them." I was alive and in that moment I decided never to focus on the things I can't do, only on the things I can. The darkness I felt just bled away.

I ended up walking again, with prosthetic legs.

I also went back to Afghanistan 18 months after my injury to finish the project I started. My career is better now than ever – I've been to 14 different countries this year already. I travel alone, carry my own gear and am as good a photographer as I was before my injury. Better.

When I have a camera in my hand, I don't feel pain, I don't feel disabled. I own my disability, nobody else.

Some people occasionally look at me with pity in their eyes, but I feel more of a man now than I ever did. That's my greatest victory.

I hope I can draw a line under this stage of my life and move on from being the story. As every injured civilian in Afghanistan deserves, I want to be defined not by what I've lost or what has changed but instead by who I still am. One day, if they write an epitaph for me, I hope it will not say I was a triple-amputee, but just that Giles Duley was a photographer. That is what I am.

Any regrets? Yeah, one: my nickname is now 'beer can'.



THE SCIENTIST TEACHING ROBOTS TO LOVE

Dr Hiroshi Ishiguro is director of the Intelligent Robotics Laboratory at Japan's Osaka University and the world's leading robotics visionary. In 2010, he created a lifelike android version of himself, called Geminoid, that can carry out his duties as a lecturer. His next plan is get robots thinking for themselves

The robot is a mirror to humanity. Humans are very complicated. Everybody believes we have a heart, a mind, consciousness. But nobody can prove that. Neuroscientists cannot clearly define what is a mind, or what consciousness even is. So once I can create robot societies, where robots can interact with people, then I think we will understand the human self.

My dream is for robots and humans to live together in harmony. I want robots to have consciousness,

emotions, behavioral quirks, plans and desires. This will be a reality.

One day, robots and humans will fall in love. It will be as natural – and as mutual – as humans always have. But love is not the final answer.

We will give human rights to the android. Remember that black people were only accepted as equal to whites less than 100 years ago in some countries. So if we come to think of androids as our close friends and family members, people will want to give them rights.

The rise of the machines has happened already. We all use smartphones and they control us, like a pet cat or dog. We prepare their food, clean up their waste. I see little difference between our relationship with smartphones and pets. Who is the master and who is the slave?

The Geminoid is my copy. It is not an autonomous robot; I am controlling it through the internet using my laptop. I synchronise my behaviour, my talk and my movement with those of the Geminoid so I can use the Geminoid's body as my own. So when I get old, even if I have to stay in hospital, I can keep walking in society. Geminoid is a tool to transfer our presence to a different place. It's much better than an aeroplane or car.

In the future there will be more

robots. In the street, at home, in shopping malls. The possibilities are endless. Why not a fashion model, a movie actor, or a pop star? Androids never get old, so you can keep a young identity by creating an android.

I think we're ready for the Robot Age. Once people start to accept the robot, we can change this world again. And why not? We'll need a personal robot like we needed personal computers for our information society.

In the past, all kinds of technology has taken human jobs, not just robots. Cars are one example. The machine is replacing the human; that is the reality. Now humans need to find new jobs. But if we are going to have more robots, everybody can have a much better life, and spend more time just for themselves.

Am I breaking the rules of human life? That's a possible understanding, but I think of it like this: we are changing the rules, not breaking them. We are just extending the definition of humankind.

A robot never gets tired. A robot is always smiling. A robot never dies.



THE DIRECTOR WHO REINVENTED HORROR

Dan Myrick co-wrote, produced and directed 1999 horror *The Blair Witch Project*. Despite an initial budget of \$40,000, it grossed \$248 million at the box office and spawned a new genre in the process

When we began pitching *The Blair Witch Project*, most of Hollywood thought we were crazy. It didn't tick any of their boxes of what makes a good film. They wanted effects, attractive actors and trailer moments.

Fear is a simple, primal thing. And it doesn't take a lot to make it work: just a strong story and good characters.

It all started with a single idea. We had a decrepit house in the woods and this notion of walking up to it at night and not being able to turn away. At the time, CNN was broadcasting 24-hour news-gathering and *MTV Real World* – the first reality TV show – had just come out. A handheld video aesthetic was migrating from the documentary world into the pseudo-documentary sphere.

We realised how real-time improvised storytelling could have a real effect on the horror genre. Then we came up with the idea that a group of film students had disappeared looking for a mysterious witch and that we'd found their footage. We then made an eight-minute fake news report about the 'found footage' and took it to a film studio.

"This is not a real movie," they said. "What you're doing here is a hoax, an expensive gag. We want no part of it." They didn't get it at all.

We didn't want it coming off as a hoax. One of our strategies early on was to engage our audience and let them in on the joke. But it required a degree of effort. So on the website it was presented as totally real, but at the bottom of the page, you could get on the mailing list or follow the behind the scenes.

Still, a lot of lazy Americans who couldn't be bothered to click at the bottom of a website thought it was 100 per cent real. I think it came from a collective desire to believe in the supernatural and boogie men in the woods.

A lot of people started badmouthing the film, saying it'd never amount to much. I would be lying to you if I said it didn't have an effect.

But we believed in our idea. We thought, "Fuck you, you're just a middle-aged exec with an MBA from Harvard. What do you know about making movies?" I guess we found a revolutionary spirit in the face of adversity.

That 'fuck you' attitude can be good and bad. On the one hand you feel like a revolutionary, like you're marching to your own drum. But it's not politically acceptable in Hollywood and can ruffle a lot of feathers.

Another general rule of Hollywood is you have to spend big to make big. We had a small budget, but it became the most profitable movie of all time.

It's flattering to be credited with inventing a new genre of cinema – especially after all we went through. I love it when filmmakers tell me they were inspired by my movie to make their own. That's the biggest pay-off.

***Paranormal Activity* is my favourite 'found footage' horror that followed in *Blair Witch's* footsteps.** Hats off to those guys for making it work all in one house. When something like that comes along, it reaffirms that somebody can come out of left-field and shake things up. I love it when that happens.

THE CLIFF-JUMPER

Blake Aldridge routinely leaps from precipices higher than 30m. He should be dead

I've broken all the bones in my feet, my collarbones and even dislodged the retinas in my eyes. I thought I was blind. When something goes wrong, it really goes wrong. I've had a doctor tell me not to dive. I did it anyway and I'm still walking. I know my body and what it can take.

The risks are worth it. I was an Olympic diver, but I'm glad I traded it for cliff-diving. Now I'm never bored. I'm proud to be the only one who's transitioned.

When I first told my family, they thought I was crazy. My nan screamed, "You don't have to do this! It's dangerous!" I told her if she didn't like it she didn't have to come and watch. She hasn't been to a dive since.

You only get one chance at life and I'm taking mine.

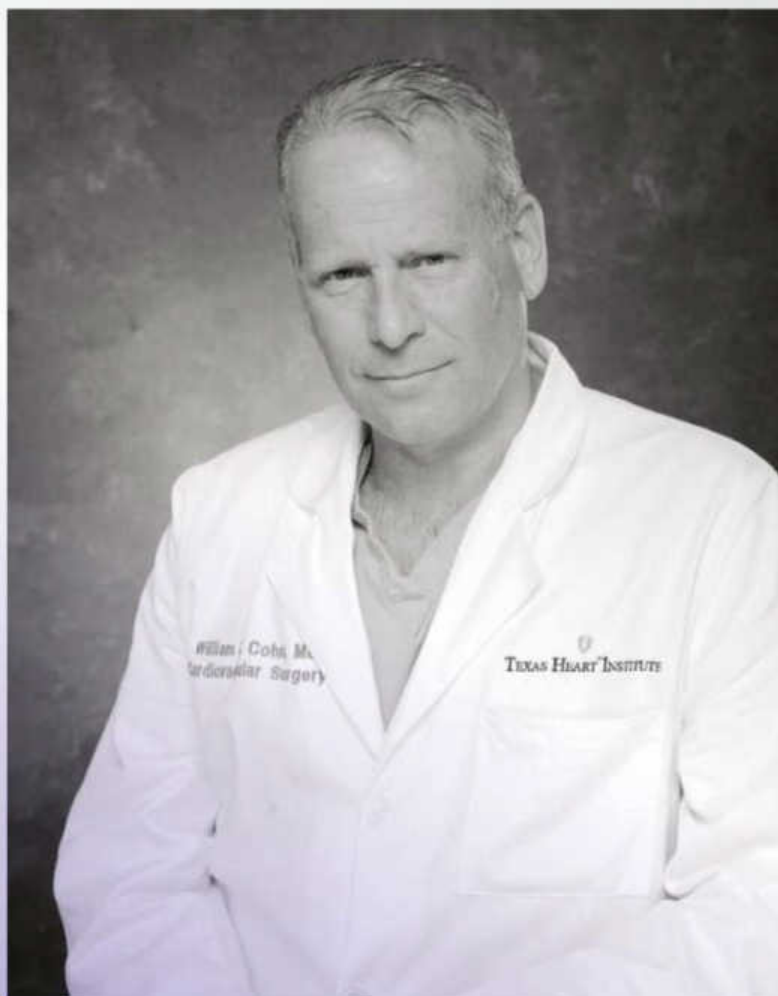
All negative decisions you make are because of fear

You have to see how high it is and hear the noise as you hit the water. Then you appreciate how dangerous it is. You're naked apart from a pair of Speedos. No safety net. No parachute. But I risk it.

When I first went to do it I walked away. The hardest part is on the platform. When you're in the air it's fine.

Blake Aldridge is competing in the Red Bull Cliff Diving World Series 2015 (lifeproof.com)





THE SURGEON WHO REPLACES BROKEN HEARTS

In 2011, working at the pioneering Texas Heart Institute, Dr Billy Cohn, along with colleague Bud Frazier, removed a dying man's broken heart and implanted the world's first twin-valve artificial one

The heart is the weak link in the chain of every one of us. Statistically speaking, you will more than likely die of some heart-related disease, as will everybody.

An artificial heart does what your heart, I hope, is doing right now – it beats 80 times a minute. That's 132,000 times a day, 42 million times a year, and no one's ever been able to make anything small or more durable enough to do that month after month, year after year.

More than \$1 billion has been spent trying to do it. People have come close, but they've all failed miserably. Everybody was trying to make artificial hearts that beat

just like yours. But Bud said, "What if we cut the heart out completely, throw away the entire diseased organ and replace it with two turbines?" The problem with a turbine spinning like a dentist's drill is that you don't have a pulse or heartbeat. But it worked.

For centuries, man tried to imitate the way birds flew. They tried to make heavier-than-air flight, but no one could get off the ground. It was only when the Wright brothers made the wings fixed and put on a rapidly spinning propeller that heavier-than-air flight became a reality. So copying Mother Nature is not always the best shot. Maybe a rapidly spinning turbine without a pulse is an OK way to propel blood through your body.

In March 2011, we implanted the first completely pulseless heart.

The guy was gravely ill and being supported by a pump sitting on a table next to him attached to long hoses. There was no other option anyone would have considered, but based on our experience, we tried it. **Although this wasn't an elegant device, it worked beautifully.**

He lived for several weeks. Tragically, he had the same illness in his liver, which worsened to the point where he couldn't remain conscious, and his family asked that we stop.

The rules we're breaking are the

ones set by Mother Nature. All living things have a pulse and a heartbeat. That was carved in stone; medical dogma.

In truth, the heart is a dumb muscular pump. It's just a piece of meat, like a steak in your grocer's freezer. We get occasional comments like, "Does it mean you take a patient's soul as well?" Or, "Can they still feel emotion?"

There is no emotion, no thought, no love, no fear, no bravery in a heart. I could take a syringe of adrenaline, inject it into your arm and your heart will beat very, very fast. It doesn't know the difference between that and love.

What's the future? That's the \$100 billion question. In 1908, they thought the only application for heavier-than-air flights was to take people up for thrill rides at carnivals. Nobody anticipated there'd be thousands of domestic flights every day in the United States, but that's the reality.

Perhaps we could crack mortality and make humans live for 500 years if we devoted all our efforts to it.

Would that be a good thing? I doubt it. If I knew I'd live for 500 years, I probably wouldn't have gone on that bike ride yesterday. I'd say I'd do it later.

THE ROCKSTAR WITHOUT A FACE

Dressed in jumpsuits, growling dark lyrics and wearing masks, Corey Taylor and his Slipknot bandmates are a physical antidote to music's infatuation with image

The mainstream is so mediocre, someone has to balance the scales. Even so, we never thought Slipknot would be such a pinprick to the zeitgeist. It's cool – obviously we revel in it as much as possible. But at the same time you've kinda got to break the rules.

I've got three kids. I do their laundry, I cook their dinner and yet I'm still one of the biggest people in the music business. It's weird: you have to have that yin and yang.

We wore masks because all people seemed to care about then was what you looked like. They'd come on to what you sounded like later. For us it worked on both fronts. Screw the face, screw the fashion – here are my overalls, here's my mask... here's the goddamn music.

The real trouble came when various organisations tried to pigeonhole us to try to understand us. Whether it was religious groups thinking we were satanic, or political groups thinking we were subversive, we confused the mainstream. At the time it was like: screw you, this is America – we can say whatever the hell we want.

Not everybody is going to love you, but that's just how life is. People who chase that kind of universal love drive themselves mad. Because just when you think everybody loves you, that's when they'll turn on you. You're never going to change someone's mind once they've already decided what they think, so why bother? That shit will keep you awake at night.

I was never a social drinker; I drank to get fucked up. So I would binge-drink, for the most part, and it was exponential – one would be two, two would be four, four would be eight. I was the guy who'd order two Jack and Cokes at last call, just so I was smashed for the ride home.

The first time I quit drinking was 2003. I was sober for about three years and then I fell off for about four. Finally, I just said, "I'm done. I'm not getting anything out of this and I'm feeling worse and worse every morning."



That was six years ago and counting.

Music is the only outlet that lets me deal with my demons. I know I've still got it in me. To think that everything's really white and soft would be insane. I still have really bad anger issues, and issues from when I was growing up, but the music – thank God – lets me work that out. Or at least let it off the leash a little.

Make music or art for your reasons. No one is ever going to truly understand why you do it, but fuck everybody else. If you get over that barrier, and you get people's attention, keep it by just being yourself. That will throw the world a loop for the rest of your life.

I plan on writing my autobiography when I'm 80. By then I would have lived a life that I can tell a story about. It's when people write an autobiography at 20 that I'm like, "What do you expect to do for the next 40 years – what the hell are you doing?"

Corey is author of You're Making Me Hate You (£12.99, Da Capo Press), out now

THE NORTH KOREAN DEFECTOR

Kim Joo-il served eight years in the North Korean army until 2005, when he swam to China under cover of night and travelled to London



Growing up in North Korea, I never broke the rules. Nobody did; the punishments were too severe. Fear holds people better than any prison.

We have a saying in North Korea: "There is an ear, even on the wall."

I remember two boys at school who were rivals. One drew a funny doodle on a portrait of The Great Leader in the other's textbook to get him into trouble. The teacher saw the sketch and the first boy's family disappeared overnight.

I was 14 when I saw my first public execution. The victim was the brother-in-law of a classmate who had stolen a historical artifact from a museum in China. He was shot, and I remember thinking he deserved to die for what he did.

Captured defectors, however, are usually hanged or burned alive. Then the authorities might extinguish up to three generations of their family.

I joined the army when I was 17. For men, it's compulsory to serve 10 years. And it was hell. I was beaten once a day for three years until I became a captain; then I did the beatings myself. I thought it was a normal way to live.

Part of my job was to find soldiers who'd gone awol. I soon began to realise something was wrong. Everyone was starving. Every train station had a health centre where there'd be piles of corpses, just lying about. And the mountainsides were bare as villagers cut down trees to burn for heat and light.

One day a mission led me to Hamgyong, on the border with China.

I'd thought about escaping for a while, but I knew I'd never get a better chance to cross the Tumen River into China.

It was curiosity, more than anything, that made me escape. I had to know if starvation and fear were normal in the world. I had to find out for myself if North Korea was indeed the best place to live, as we'd been taught.

There were guards every 30 metres along the river. As I got near to what I thought was a large rock, I realised it was a guard holding a gun. I was ready to fight and die, but he was asleep. I changed direction and started swimming.

When I got to London, I realised everything I'd been told by the regime was a lie. I'd been brainwashed. I have now learned the concept of freedom.

I can go to the shops and play football. I have a wife and two children and run my own business. Here, there is no limitation to having a free life.

I do not know for sure what happened to my family. They might have been sent to a prison camp but, because of my humanitarian activities with the UN, the regime cannot harm the family of someone as exposed as me. I heard my family are under constant surveillance and cannot leave their town, but I don't feel guilty. If they knew what I now know, they would understand.

North Korea needs a people's revolution. It is not a lack of ambition holding my people back but a lack of information and ideas. They are what fuel a revolution. I plan to send hard copies of my newspaper there.

I will one day return to North Korea. But not until democracy reigns. When that day comes, I will happily never break another rule as long as I live.

THE WOMAN WHO CHANGED DATING

Whitney Wolfe and her friends tore up the rulebook of dating and changed the game forever with Tinder. Now CEO of Bumble – a swipe app where women make the first move – she wants to do it all over again

I always struggled in school. I've always understood things in an intuitive way and only know how to be successful to the beat of my own drum.

Three years ago, if you wanted to get a date, you waited for Friday to roll around. With Tinder, you can be at home in your sweatpants, eating ice cream, and start chatting up a girl or a guy.

Online dating never used to be something college students would do. They wouldn't be caught dead on any dating platform. People were still doing things – I hate to say it – the old-fashioned way.

We didn't really pioneer the market. Dating apps weren't new. What really set us apart was the marketing of Tinder.

My dad told me so many times to get a real job. While we were building Tinder up, getting the downloads, he was like, "When are you going to take work seriously? You need to play by the rules."

There are naysayers everywhere. But what do they know? If you truly think someone knows what they're talking about, take their advice. Otherwise, do it your way.



THE ARTIST WHO HEARS COLOUR

In 2004, colourblind artist Neil Harbisson had an 'antenna' embedded in his skull that allows him to 'hear' colours as sounds. He can also receive phone calls and images, and log on to WiFi through his skull

I can only see in grey, black and white. As a kid, doctors told me that I would never be able to sense colour. I didn't like the sound of that.

The idea came to me during a cybernetics lecture at university. I realised technology could allow me to sense colours in a new way.

My antenna works by picking up light frequencies and creating vibrations through a small implant in my skull.

This creates a unique noise for each colour. I can listen to a Picasso painting, or the cereal aisle of a supermarket. I can compose music with food. Eggs are high-pitched and aubergines take a lot of getting used to.

I consider myself a cyborg.

When I began to dream in colour without the help of my antenna, I truly felt the software and my brain had become one.

The surgery was illegal, so we had to find a doctor who was willing to drill into my head. I also broke passport laws by posing in the photo with my cybernetic extension. They tried to stop me, but I argued it was part of my body.

There's an internet connection in my skull. Friends around the world have permission to send different colours to my head. I have an eye on each continent.

NASA sends me colours from satellites in space. It's profoundly beautiful to achieve such a deep connection with the universe. As our senses evolve, everybody will be able to experience space from their own homes.

My art is truly unique, because it's created through an extra sense. I paint what I see and hear, and present the uniqueness of people's faces and voices. We're trying to push cyborgism as an art form. Some critics refuse



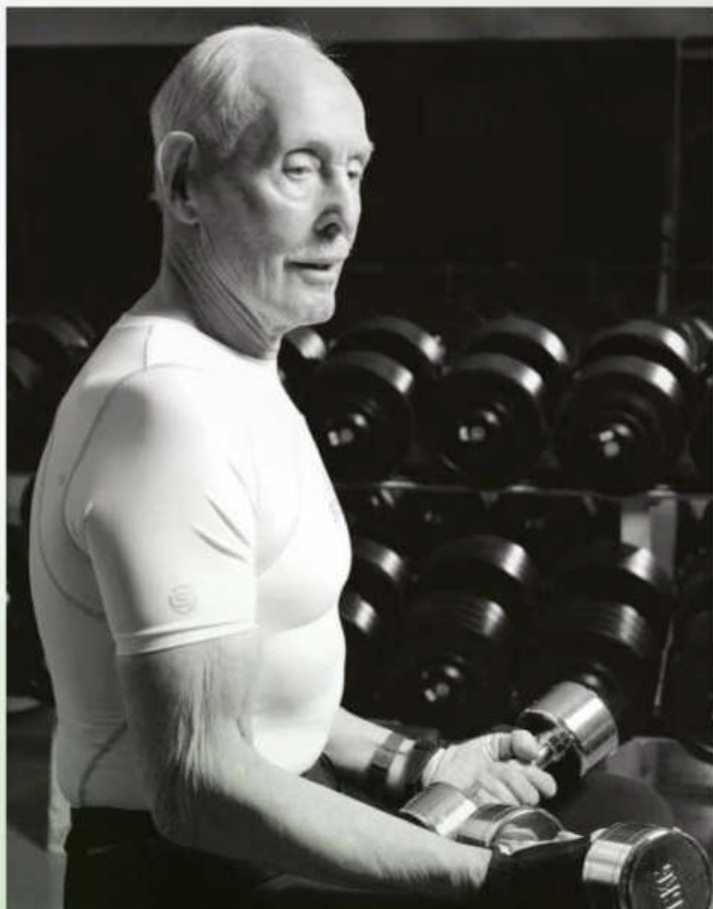
to consider it as true art because of the technological aspect, but people said the same about photography.

This sense allows me to find beauty through imperfection and chaos. If you go to a school concert where kids are singing out of tune, it creates far more vivid colours than a flawless orchestra.

My face doesn't sound too bad. It's a combination of G, C and F sharp. Make-up makes it better – especially green lipstick. I'm not quite ready to wear it in public, though.

A lot of people have sent me death threats. They accuse me of acting against God, and see the cyborg movement as a threat to humanity. I don't respond to them.

If you come across a rule you don't like, break it. I've been doing it all my life. I'm proud of what I've achieved.



THE 95-YEAR-OLD WHO'S STILL A SUPERMAN

At 95 years old, Dr Charles Eugster has been dubbed The World's Fittest Old Age Pensioner. He has a better body than most men a third of his age and, in March this year, smashed the indoor 200m world record for males over the age of 95

To anyone who says a man in his 90s can't sprint, I'm here to tell you he can. Last March, I became the fastest man over the age of 95 to run 200m on an indoor track in history. And what a feeling it was. It took me 55.48 seconds: I challenge you to beat that.

It's never too late to get fit. I took up exercise at the age of 85, hoping it would stop me ageing. It was pure vanity, really. My body was degenerating and I just thought, "Who knows about muscles?" When I was 87, I joined a bodybuilding club. I started sprinting last year. **There's nothing special about me whatsoever.** Yes, breaking that record was a wonderful feeling, but anyone can do what I do – and more – if they just put the effort in.

I want to change the world. The stupid thing is that people don't realise you can have a beach body at 90 and turn the heads of the sexy 70-year-old girls on the beach. I am living, breathing proof that, if you eat the right food and exercise correctly, you can be that guy at any age.

I start every day with a protein shake. That's because, from the age of about 50, most people begin to lose 1 to 2 per cent of their body muscle a year. You need to make up for that and protein is the only way. Whatever they say about carbs being the best is bullshit. I have very little for lunch and, in the evening, I always have meat, usually red, and vegetables.

Muscle strength is key to a healthy body in old age. My regime includes lifting weights either to exhaustion or muscle failure on a regular basis. It is not pleasant but it is better than slowly getting weaker. When I'm not in the gym or on the track I go running in the forest.

In today's society we completely ignore the elderly. Nobody cares about them. There are no training plans for people in their 70s and 80s and absolutely no 70+ gyms like they have in Japan.

Retirement is the biggest killer of old people. I prefer to call it involuntary unemployment. Work keeps your body and mind active and statistics show that

those who start retirement at a later age live for longer than those who start younger. Look at The Queen: she's nearly 90 and, though she may not go jogging in St James's Park, she does still have a job.

We're pouring the experience, creativity and talent of people over 65 down the drain. We should be able to found companies in old age and be creative. Picasso was creative until he was 90.

I'll face my nemesis at the world championships in a few months. His name is Frederico Fischer, from Brazil, and his time is unbelievable. He's a great athlete. But I have one thing in my favour: he's three years older than me so I am hoping that the ravages of time will have slowed him down.

My bucket list is still pretty full. It goes as follows: show the world that anyone can rebuild their body at any age; publish a book called *95 And Loving It*; establish a fitness centre for those over 70; and start a job-creation company to retrain older people.

I also plan to launch a fashion label for the elderly. The worst thing about old age is that the way older people dress is – and I say this from the bottom of my heart – absolutely disgusting.

THE ACTOR WHO COULDN'T CARE LESS

When *This Is England* star Thomas Turgoose was invited to audition for the film, the then 13-year-old tearaway from Grimsby agreed... but only if director Shane Meadows paid him first

I do always try to do it my own way. Maybe that's wrong. Maybe if I moved to London, turned into a hermit, read scripts word for word and went to a drama class, I'd never stop working and life would be different. But I enjoy my life the way I live it.

I grew up on a rough estate in Grimsby. I was knocking about with a group of lads where we'd go about smashing windows, robbing cars and fighting with people. I was a vile kid, but weirdly I was always polite at the same time. I minded my Ps and Qs.

I charged Shane Meadows a fiver for my first *This Is England* audition. I'd gone to the youth centre for the day, because I was excluded from school, and I remember seeing this massive crowd outside. I thought it was a fight at first, but they were auditioning for a film. They asked if I wanted to audition, and I remember thinking, "As if I'm gonna be in a fucking film." But I thought if they're having my time I want some money for it... so I charged them.

I think Shane liked my cheeky streak. I was charging more and more for each audition. The first one was a fiver, the second a tenner, the third was a PlayStation game and the fourth a mobile. No one in *This Is England* had a silver spoon upbringing – there was a realness, a grittiness. And I think that's what he wanted in everyone.

I've been an actor for 10 years now. If 10 years and two days ago you said I was going to be an actor, I'd have told you to shut the fuck up. I never would've believed it.

As far as Hollywood goes, I wouldn't complain about going there to shoot a film for 50 million quid. But at the minute I'm happy doing what I'm doing – British films, *real* British films. I've never been to Hollywood – it's not a place I'd book a flight to.



There'll always be one actor who'll sit with his script in the pub. I remember going on the piss with Eddie Redmayne while we were filming in Budapest and he'd always have a script on him. I sat there thinking, "Fucking hell mate, give it a break," but then he went and got an Oscar a few years later, so it does pay off.

Sometimes if I get a script and I'm not really into it, I'll just think, "Fuck it" and go to the pub. It's probably not the right thing to do. I did that more when I was a kid than now, though – these days I have a mortgage to pay so I'll work a lot harder.

If I could act for the rest of my life I'd be buzzing. But I'm going through a period now where I'm 23 but still young looking. There are only really restricted parts for me until I grow a beard, and I don't think that's going to happen any time soon.

If I wasn't an actor, I'd be... in jail. Probably.

This Is England starts on Channel 4 in September

RAISING HELL

With
**JORGIE
PORTER**

Have you got what it takes to spend
a day with TV's hottest troublemaker?

Words: Nick Pope **Photography:** Florence Keys **Styling:** Kylie Griffiths **Hair and make-up:** Susana Mota

JORGIE PORTER



JORGIE PORTER



“IF YOU TELL ME NOT TO DO SOMETHING, I’LL WANT TO DO IT,”

says Jorgie Porter. “That’s just the way I am. But I’m pretty good at getting out of trouble.”

The thing is, one look into her big, blue, anime eyes and you just know that getting out of trouble has never really been a problem for Britain’s prettiest pint-sized soap star. “I’m just sneaky about it,” she says. “That’s my secret.”

The second thing you’ll realise about Jorgie is that she’s hyper. Really hyper. Like a Duracell bunny powered entirely by Um Bongo, the Manchester actress is a whirlwind of loud, giggling energy.

You’ll also notice that she’s cheekier than Kim Kardashian taking a selfie in Nando’s – although we doubt anyone will have a problem with that...

Well, almost anyone: “At school, my mum caught me singing ‘Ip. Dip. Dog. Shit. You. Are. Not. It.’ She let out this huge, shocked gasp. There was no escaping that one.”

But then, the 27-year-old has probably inspired a fair few gasps in her time – be it through her countless WTF-worthy storylines in *Hollyoaks*, or while donning one of her many fist-bitingly sexy outfits on *Dancing On Ice*.

So when it comes to a Jorgie Porter photoshoot, it’s best to expect the unexpected.

But now Jorgie has just given us a terrifying piece of news that could throw the entire shoot into chaos. “I’ve just found out about espressos and, oh my God, they’re phenomenal.”

Deep breaths, everybody. Batten down the hatches and strap yourself in. This interview’s going to be one hell of a ride.

You’re hyper, ordinarily – you must be a bloody nightmare on caffeine...

Oh, I’m ridiculous. I usually have to give myself a time-out in the corner of the room.

How many can you sink before you go batshit-bonkers?

Four shots, I reckon. And don’t even get me started on caramel lattes – they make me





delirious. My mouth goes weird and I end up talking to myself.

What have you been putting in your coffee, exactly?

I hand them out at the start and end of all my parties so people have to stay awake all night and think about the incredible time they had.

So how do you normally behave on a night out, then?

To be honest, I'm a back-door escaper.

A what?

A back-door escaper. On a night out, I'll say, "I'm just going to the toilet," and then I'll secretly head home to watch Netflix. It's my favourite thing in the world. I'm getting excited just thinking about it.

Do people worry that you've been locked in the toilet or something?

They'll be ringing me up screaming, "Where are you? We were supposed to get a cab together, I'm stranded!" and I'll say, "Sorry about that, but I'm focusing on my dinner right now."

So you prefer Netflix to an all-nighter?

I'm an absolute Netflix junkie. At the moment I'm watching *Unbreakable Kimmy Schmidt*, *Grace And Frankie*, *Sons Of Anarchy* and *Better Call Saul*. I love *Game Of Thrones*, too. I'm a proper TV multi-tasker.



VEST, SANSUE & SANSUE; JACKET, MAISON MARTIN MARGIELA; SHORTS, AMERICAN APPAREL; ROLLER SKATES, SUCK WILLIES

**“MY MOUTH GOES
WEIRD AND I END UP
TALKING TO MYSELF”**





What else makes up the perfect day?

I'd wake up, have lunch with my friends and then enjoy my customary 4pm nap. Then I'll spend the night trying to sneak my dog into pubs. If they refuse to let her in, I say, "But this dog's a film star!"

Wait, what?

Well, she was nearly in a movie, but I couldn't get time off from work. She's got an agent. Her name's Lady and she's destined to play a child-saving hero dog.

What kind of terrible pub doesn't let in celebrity dogs?

I know. I should march up to the landlord and say, "Don't you know who this is? She should be in there signing autographs, you fool!"

Talking about kicking-off, we see you've been tweeting loads about UFC recently.

I love UFC. I don't like street fighting, but I'm into

a good UFC arse-kicking. Why release all of your anger in some punch-up when you can earn loads of money doing it on telly?

If you got pushed into the ring, what would your signature move be?

I'd just run away as fast as possible – it'd be called the 'Jorgie Porter Leg-It'.

The back-door escaper's at it again...

Alternatively, I'd be the fighter who just wees her pants in fear and the other fighters end up slipping on it.

Moving on swiftly... You were streaking at the photoshoot.

It was so good. Especially when I was streaking by the window and people started walking past.

Where's the weirdest place you've found yourself naked?

I'm always starkers around my friends' houses. And we went to a naturist sauna in Austria once.

**“I’M ALWAYS
STARKERS AROUND
MY FRIENDS’ HOUSES”**



JORGIE PORTER

A full-page photograph of Jorgie Porter standing inside a white tent. She is wearing a grey tank top with the text 'I WOKE UP LIKE THIS' and purple shorts. She has blonde hair in two braids and is holding onto a tent pole with her right arm. The background is bright and overexposed, showing the interior of the tent.

**“IT’S WAY MORE EXCITING
TO WALK EVERYWHERE
WITH NOTHING ON”**



TOP: IN THE STYLE. KNICKERS, LOVE STORIES. TOP: BEYOND RETRO. KNICKERS, WE ARE HANDSOME

Go on...

We were going skiing and found out that the hotels over there have naked saunas.

Weren't you just surrounded by old, horrible Austrian ballsacks?

They're everywhere! But it's just so invigorating to be naked. You get given a towel, but it's way more exciting to take a risk and walk everywhere with nothing on.

So should everyone be naked all of the time?

The world would be a much better place. I used to work at a swimming baths and old people have way more body confidence – they break all of the naked rules.

We caught you guzzling whipped cream straight out of the canister. Are you a 'milk-out-of-the-carton' kind of girl?

Oh yeah, I do what I want. I love just opening

my fridge, eating half a yogurt and then putting it back. I don't even care.

What are the staples of Jorgie Porter's fridge, then?

Loads of eggs, all of which have probably gone off. Also – weird coconuts.

Huh?

Cone-shaped coconuts. I always buy them because they look exciting, but I never have the instrument to smash them open with. The use-by date comes and I'm just like, "Aw, I've got to throw them away now." Then I buy another.

You're just weird...

Think of the bras I could make. Then there's the lettuce that always goes off, because obviously I don't want to eat it. And finally there's my special cheese draw.

Cheese: 1, salad: 0...

It's packed full of brie, Babybell, Wensleydale...



What's the ultimate Jorgie Porter cheese of choice?

Camembert. But then I wouldn't say no to a strong Cheddar.

We've also got a snap of you sinking an afternoon beer – when's the earliest you can start drinking?

I save my daytime drinking for holiday. Abroad there are no rules. You don't care about money and drink way more than you should. Lunch time is the perfect beach cocktail hour.

And what do you drink?

A mojito. It's my favourite. If I was on death row, I'd ask for beans on toast with cheese, with a mojito on the side. I've thought about this a lot. Gourmet beans, with big, thick white bread and real butter. Maybe a bit of bacon, too.

Tasty. What's the most delicious thing

you've eaten recently?

A donut burger. I had it at a place called Red's True Barbecue and it's ridiculous.

Explain. Now.

So there are two donuts and they've packed bacon, cheese and a burger in the middle. I'm dribbling just thinking about it.

That sounds like the greatest, most fucked-up thing in the world.

I think it's more than 2,000 calories and it puts you into a food coma. You can't walk; you have to crawl out of the restaurant on your belly.

Nothing that a couple of espressos couldn't sort out...

That'd send me over the edge. I'd probably be running up the walls, throwing donut burgers at everyone in the restaurant. On second thoughts, I should probably stay away from the coffee. **FHM**

JORGIE'S GUIDE TO GETTING OUT OF TROUBLE

You spilled red wine on your best mate's pristine white carpet.

This has happened to me. Throw loads of salt on the floor and pretend it's carpet shampoo. Scrub and hope.

You kicked a football through your neighbour's glass window.

Blame any child that's in the near vicinity. Just start shouting at them.

You accidentally favoured a picture of your ex on Twitter.

Just stand strong: "Yeah, so what, I did it." It'll psyche them out.

The police have been called round to your noisy house party.

Convince them to join in and then tell everyone that they're strippers.

You've been busted smuggling booze into a festival.

Make your friends do shots before you go in instead. Get so ruined that you fall asleep in the queue.

They've found your underground lair and moon-destroying giant laser beam.

Just pretend that it's a massive 80ft hair-removal laser.



GOD BLESS BOOZE

WORDS: ANTHONY TEASDALE
PHOTOGRAPHY: DAN MATTHEWS
FOOD STYLING: JACK SARGESON



No two ways about it: the UK drinks scene is awesome. Heading the charge are independent brewers such as Brewdog, who have helped turn the UK into a hub of boozy creativity. And they're as enthusiastic about British drinking as us:

"When Brewdog started out in 2007, there wasn't really a craft beer landscape. Today, it couldn't be more different. Incredibly exciting new breweries are springing up across the UK, with crazy flavours unleashed and all sorts of experimentation going on.

"As drinkers, we're spoilt for choice. We're also more savvy. You can't get away with making mass-produced rubbish with a huge marketing budget any more, and you can't jump on the bandwagon and plaster a vintage-looking label on an inferior product. It just won't fly."

This guide celebrates all that's fantastic about booze in 2015, whether it's advice on what wine to take to the in-laws, rethinking canned beer or toasting artisan vodka as your new spirit. Cheers!



DRINK THE WORLD'S MOST REFRESHING COCKTAIL

➡➡ It might be famous for its slabs of dead cow, but steak restaurant Hawksmoor's cocktails are just as worthy of acclaim. Our favourite is Shaky Pete's Ginger Brew, a refreshing mix of beer, gin and lemon (and loads and loads of ice).

Phil Duffy, head barman at Hawksmoor's Spitalfields branch in East London, says: "Shaky Pete is Pete Jeary, bartender with Hawksmoor for many years. He used to get nervous in cocktail competitions and shake – a lot. He invented the drink for a competition seven or eight years ago, inspired by a visit to Hay's Wharf – the 'larder of London' – where exotic items such as lemons and ginger were imported in the 1600s. We think of it as being like a turbo-shandy for the discerning drinker."

Ingredients:

- 50ml homemade ginger syrup
- 50ml squeezed lemon juice
- 35ml gin
- 100ml London Pride ale

In a blender, blitz the ginger syrup, lemon juice, gin and half a cup of cubed ice for 10 seconds or so. Strain through a coarse sieve into a frozen beer mug, carrying over a few ice chips. Top with the London Pride.

3 WAYS TO OPEN A CHAMPAGNE BOTTLE

THE SENSIBLE METHOD

Grip the bottle, press the bottom into your hip, then turn the bottle while holding the cork. In the end you should be able to twist it out with minimum fuss – though don't point the would-be projectile at anyone.

Lunacy rating: 2/10

THE SHOE METHOD

Shove the bottle into a shoe – a trainer works best – then bash the heel against a wall (we know, stick with us). Eventually, the force of your battering will have loosened the cork and you'll be able to twist it off. And everyone will think you're The Man. And you know what? They'll be right.

Lunacy rating: 5/10

THE SWORD METHOD

Take your sword – obviously you'll have one to spare from your great-grandad's adventures in the war – and press it flat against the neck of the bottle, an angle of about 30°. Slide it up and down slowly until you're comfortable with the movement, then firmly bring the blade up and through the lip of the bottle. Et voilà, you're the biggest show-off in town.

Lunacy rating: 8/10



LEARN TO APPRECIATE DECENT VODKA

➡➡ Vodka has had some bad press down the years – most of it emanating from tin baths in Russia – but brews like the wondrous Tito's Handmade Vodka show that at its best, the spirit is hard to beat. Based in Austin, Texas, the once tiny Tito's now shifts 850,000 cases of the stuff a year. Find out why.



Snack savvy:
CORN NUTS

TREAT YOUR DAD TO SOME KICK-ASS WHISKY

➤ You might have had a few 'disagreements' in the past but once you get past 21, you realise your old man's the most reliable mate you've got. Time, therefore, to treat him to some quality whiskies from artisanal producers Compass Box (compassboxwhisky.com), which not only taste fantastic but are housed in the sort of beautiful bottles you'll want to convert into lamps once they're empty

THE PEAT MONSTER

If you like your whisky powerful, this blend of smoky and peaty whiskies is just the ticket. Not for the faint-hearted.

THE LOST BLEND

A union of two fruity Highland whiskies and a more peaty single malt from Islay, this is a complex drink with near-magical powers. Don't mislay it.

HEDONISM QUINDECIMOS

This limited-edition blend of grain whiskies promises the sort of "indulgent, unctuous, august pleasure that we know only mature stock can deliver".



MATCH THE GLASS TO YOUR BEER

➤ If you want the best out of your brew, choose a glass that'll bring it to life...



PILSNER

Pokal
Long and slim, the pokal (or pilsner glass) is made to

give your lager's head some serious staying power. Nice for admiring the golden colour of your brew, too.



BITTER/ ALE

Dimpled pint
Traditional

bitters aren't usually as strong as lagers, so the old-school mug gives you volume and, thanks to the handle, easy portability. Also useful in hand-to-hand combat.



BELGIAN TRAPPIST BEER

Goblet
Nutty monk beers are

often served in a goblet with tiny scores in the glass to maximise CO₂ – and thus power a constant head. Seen on the mantelpieces of middle-aged men.



REAP THE REWARDS OF CANNED BEER

➡ Yeah, we all like fancy foreign beer bottles, but when it comes to keeping your beer in absolutely tip-top condition, it comes a poor second to the humble can. Far from making your grog taste metallic, cans protect it from whiff-inducing rays of the sun and seal it against oxygen, which make it taste like that towel you once left in your gym bag for a week. Why else would Brewdog put its classic Jack Hammer in cans?

Want more proof? Quality brewer Hobo (hobobeerandco.co.uk), which only uses cans, totally agrees with us: "There's a common misconception that beer from cans is tainted with a metallic 'off' flavour. It's not. Modern cans are lined with a water-based coating especially designed to protect the craft beer inside. The beer doesn't touch the metal. If you're tasting metal then you're probably biting the can. This all means that the flavour gets locked into the beer for longer. Regardless of where you keep it, it stays fresher for longer in a can." See?



DRINK LIKE A FILM HERO

➡ Make yourself into a Hollywood star one swallow at a time...

THE DUDE

The Big Lebowski

THE DRINK:

WHITE RUSSIAN

If you truly, really want to *abide*, then our advice would be to make the mother of all White Russians. Because nothing says, 'Hey, careful man, there's a beverage here' quite like a gigantic bottle crammed with vodka, coffee liqueur, cream and ice.

JAMES BOND

Every Bond film, ever

THE DRINK:

VODKA MARTINI

Yeah, we know it's better shaken not stirred, but when Bond orders his favourite tipple at the casino, he's usually one sip away from a steamy tryst with his evil foe's lady friend (who also happens to be the hottest woman there). The jammy bastard.

DR HANNIBAL LECTER

The Silence Of The Lambs

THE DRINK:

CHIANTI

A man of refined tastes, the world's most sophisticated cannibal combines his favourite dish of human liver with this mid-priced Italian wine. He probably goes for the Tesco Finest version, mind.



GOD
BLESS
BOOZE

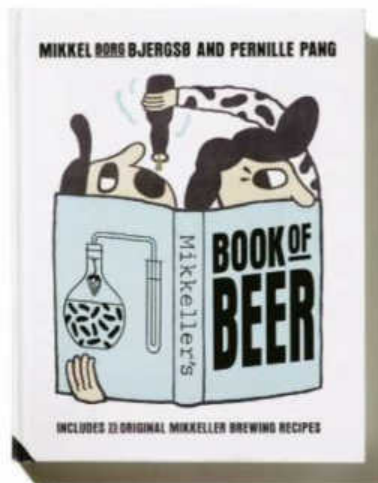
Snack savvy:
WASABI PEAS

READ THE BEST BOOK *EVER* ON BEER

➡ If you're serious about beer – so much so that you're thinking of actually brewing your own – then this is the book you need.

The man at the heart of Copenhagen's beer revolution, Mikkel Borg Bjergsø, and journalist Pernille Pang are behind *Mikkeller's Book Of Beer* (£16, Jacqui Small), which delivers insights and tips about how to get into beer production. There are even some recipes from Mikkel and his friends, so you can create tried-and-tested brews in your own home.

Don't expect any thanks from your lady though – she'll just moan that the house smells funny.



GET THIS IN YOUR CUPBOARD

ANGOSTURA BITTERS

Not to be confused with the old blokes' beer of a similar name, bitters is actually a high-alcohol concentrate used as a flavouring in cocktails such as the Old Fashioned, Manhattan and Pisco Sour. If your homemade cocktails are missing that certain special 'something', it could well be this. Get some.

GO ON THE BEER HOLIDAY OF A LIFETIME

➡ Why not combine two brilliant things: a jolly with your mates and drinking quality brews? Craig Willmott from personalised craft beer service HonestBrew points us in the direction of three of the best destinations

LONDON, ENGLAND

"Now host to more than 80 micro-breweries, London is also the spiritual home of beers such as Porter and IPA. If you're arriving into Euston, St Pancras or King's Cross, try the Euston Tap – a tiny building at the front of Euston station. Then head to Angel and The Earl of Essex, a brew-pub not far from the canal. In terms of beer, try a Pressure Drop Pale Fire from Hackney, possibly the best example of the style brewed in the UK: punchy fruit and a refreshing bitterness."

COPENHAGEN, DENMARK

"There's an amazing scene here and a lot of that comes down to Mikkeller, the brewery set up by Mikkel Borg Bjergsø. The best time to go is for the Copenhagen Beer Celebration in May, where he invites 20-30 breweries over for a two-day period. Mikkeller has now joined forces with US brewer 3 Floys to create the incredible Warpigs brew-pub, which specialises in American-Danish brews and barbecued food. Nørrebro Bryghus is also great for beer and grub."

BAMBERG, GERMANY

"This small city in Bavaria maintains the same brewing tradition that's been in place for centuries. If you drew a circle with a 10-mile radius around the town, there are 30 to 40 village breweries in the area. A lot of them make the traditional German helles or pilsner, but Schlenkerla in the town centre is famous for its smoked beer. It goes perfectly with a German sausage."

TRY SIX
CRACKING
CRAFT BEERS
FOR ONLY £9
DELIVERED

WHEN YOU USE CODE 'FHM' AT
HONESTBREW.CO.UK

SIP RUM OUT OF A *COCONUT*

➡ Ever thought of drinking the sailor's tippie of choice from a coconut? Well, you should. Once you've drained the 'water' inside and cut the top off it, you can fill it up with rum, ice, lime and some of the reserved coconut water. Best of all, you can reuse your new mug all night – truly drinking, in the words of Ali G, from the 'furry cup'.





Snack savvy:
PORK SCRATCHINGS

**GOD
BLESS
BOOZE**

CHOOSE THE RIGHT WINE

➡ *Tim McLaughlin-Green of Sommelier's Choice (sommelierschoice.co.uk) shares a trio of options for those occasions when there's no room for grape error*

THE GO-TO FIRST-DATE WINE

Nino Franco Prosecco Rustico Superiore DOCG, £15
"Rustico is ideal as it offers immediate drinkability and sufficient flavour to keep you interested. Nino Franco produces possibly the finest proseccos ever."

THE WIN-OVER- THE-IN-LAWS WINE

Louis Barthélémy Champagne Brut Saphir 2008, £33
"As a champagne it adds a sense of occasion and, thanks to its depth, complexity and long finish, it'll stay in their memory long after you've gone home."

THE IMPRESS- YOUR-BOSS WINE

Corteforte Amarone della Valpolicella Classico Terre di San Zeno 2008, £35
"Play it safe by selecting a well-known claret or burgundy. This one comes from a boutique winery. It's got energy and style with superb elegance, just like you."

UPGRADE YOUR MIXERS



➡ Many drinks are ruined by terrible colas and lemonades that taste like something you'd unblock a drain with. The organic mixers from Karmacola (karmacola.co.uk) are an antidote to this with a cola, lemonade and ginger beer that take the humble soft drink to the next level. And without being all 'Comic Relief' about it, a percentage of the profits go to the area in Sierra Leone where the ingredients are made, which means as well as tasting good, these mixers also do good.

DRINK TEQUILA LIKE A MEXICAN

➡ We've all been forced to down a shot of tequila on a night out, but if you want to drink it properly – like a Mexican – then it must be sipped gently. And to make it really special, swap the lime and salt for something a little more civilised. Marcus Taylor, manager of Gerry's Wines & Spirits in Soho (gerrys.uk.com), says, "A great tequila like La Cava should be seen like a great whisky – you don't slam it, you sip it. And instead of killing your tongue with salt and lime, grind some black pepper into a slice of orange and give it a good suck. Tequila is great with citrus flavours."



NAPOLEON COGNAC GLASS, £5.25, DIVERTIMENT.CO.UK

PUT A *NEW* SPIN ON YOUR GIN AND TONIC

➡ Look, we know it's foolhardy to try and improve on perfection, but if you want to get that little bit extra, try swapping your lime for these...

ROSEMARY

A few sprigs of this will add a herby freshness, but it's not for the timid.

POMEGRANATE

Fruity without being too sweet, this'll improve the 'nose' of your drink and make it super-refreshing.

CHARRED GRAPEFRUIT

Want some deep, fruit flavours in your drink? This is how you do it.



3 UNDERRATED BEERS TO TRY THIS WEEK...

Snack savvy:
SALAMI



KBS

Matured in bourbon barrels, this rich stout is crammed with chalet and coffee flavours. At 11.2%, it's not to be taken lightly.



LIQUID MISTRESS

An American-style IPA, this devilishly naughty ale is famed for its burnt raisin and biscuit malt base and bewitching red colour.



ERDINGER

A gorgeous, silky wheat beer from – where else? – Germany. The lovely foamy head is boosted by its iconic glass.



...AND ONE TO SAMPLE TONIGHT

SORACHI ACE

Described by one *FHM* staffer as the “greatest beer on the planet”, this golden ‘saison’ ale from the Brooklyn Brewery makes use of the Sorachi Ace hop, which is bursting with a lemony-herby scent.

It’s served in a large wine-style bottle, so make sure it’s kept well hidden if the lads are coming round for a few cans when the game’s on. You’re not *that* generous, after all.

Made to be enjoyed with seafood, chicken and tomato-based sauces, and 7.6%, Sorachi Ace is a beer to indulge in after a hard week at work.



IF WE BUILD IT



WILL THEY COME?

A couple of miles from Old Trafford, Man United's Class
Of '92 are overseeing a grassroots football revolution...



Words: Clive Martin

Photography: Rebecca Lupton



pundits, among others, that Salford's luxury penthouse apartments have enough space not just for their egos but for their walk-in wardrobes of nipple-hugging man shirts.

Now, thanks to some of Manchester United's most famous sons, Salford City FC has also been propelled into the region's proud footballing culture. Apparently not satisfied with the ex-pro lifestyle of charity golf tournaments, endorsements for property in Dubai and controversy-free *MOTD2* appearances, Manchester United's famous Class Of '92 – Giggs, Scholes, Butt, Neville and Neville (but not Beckham) – decided to invest their own money into the non-league club and become co-chairmen of an ambitious new project. Alongside Singapore-based businessman Phillip Lim, they would each have 10 per cent of the club, with Lim taking the other 50 per cent. A fair split between some very rich men. Their goal? To guide the team from the Evo-Stik First Division North, the eighth tier of English football, to the Championship... in 15 years.

"We want to give Salford a football club to be proud of," says Phil Neville, who is balancing his Salford obligations with an assistant manager role at Valencia. "We want to be playing at the highest possible level, which is the Premier League; that's our ultimate dream. But league football is something that we're aiming for in the short-term."

INTRIGUED TO KNOW WHAT SPARKED THIS ROMANTIC – IF NOT A LITTLE BONKERS – FOLLY, FHM HAS COME TO SALFORD ON A BALMY EVENING.

It's the same night in which a bad result for Darlington could see The Ammies crowned champions and promoted to the Northern Premier League Premier Division (things get a little bit complicated at this level of football). Our first stop is for a grudge match against Osprey Town at the club's home ground, Moor Lane in Kersal, a classic non-league ground tucked away in Salfordian suburbia boldly boasting of 'free entrance for all'.

It isn't quite the Theatre Of Dreams (itself only a couple of miles away), and with no club megastore, statues of legends or official museum, it's a world away from most Premier-League grounds. But that's exactly what draws more than 1,000 fans every week to see a bunch of amateurs hoof a ball about this muddy rectangle for 90 minutes.

You won't see many rabonas here, but if it's guts-on-the-table passion for the game you

When Hacienda founder and Northwest England's most famous music mogul, Tony Wilson, first introduced the world to Joy Division, he told his audience that while three of the members were bred in his beloved Manchester, one was in fact from nearby Salford. "A very important difference," he pointed out.

Wilson wasn't wrong. The difference between Manchester and Salford is very important in that part of the world. Sure, you still have to dial 0161 to phone someone in Salford, it has an 'M' postcode and uses the same trams as Manchester, but Salford's always been a quite different beast: a grittier, sturdier version of Manchester proper. It's where people live and work rather than prosper and party.

But Salford is 'up-and-coming', to ape estate-agent speak. At its new quayside development, you can eat tapas in bars that serve Peroni in tall glasses. It's even good enough for the BBC, which has somehow convinced its band of *Match Of The Day*



Co-manager Anthony Johnson is gunning to bring success to Salford City FC

“WE WANT TO BE PLAYING AT THE HIGHEST POSSIBLE LEVEL”

want, this is the place to find it. “I have absolutely no interest in Premier League football,” superfan Richard Kedzior, 60, who has attended 331 consecutive games, tells us. “I can’t stand the foreign mercenaries who are there for the money alone and not for the love of the club they play for. I hate the diving, the

cheating, the whinging managers; the rip-off admission and refreshment prices; the compulsory seating, not to mention the constant changing of match dates by Sky TV – which has ruined the game to the detriment of supporters; squad players who get paid

stupid amounts for doing nothing. Give me the friendliness, honesty and camaraderie of non-league football anytime. It’s the real thing.”

If this is indeed the real thing, we want to know what it looks like. So we head to watch the team train at their unofficial training ground, a recreational pitch in the grounds of rugby union team Sale Sharks’ stadium. On the pitch next door, a group of middle-aged men trying to



shake off their waists for the holiday season are having a friendly kick-about, seemingly unaware that one of the strangest projects in British football history is underway opposite.

Watching the Salford players, they look fit, hungry and up for it. The training seems little more than a five-a-side today but they’re not pulling tackles. At this level, football is a very physical game and perhaps it’s not the passing that separates the Salford City lads from a well-oiled Sunday league side but their fitness and toughness. With the league seemingly wrapped up, they’re enjoying themselves. “You are fit!” catcalls one at our female photographer. We wonder how many of them will be here in a few seasons’ time.

IT IS A BRAVE VENTURE; BRAVER STILL THAT PHIL NEVILLE ET AL HAVE ALLOWED A CAMERA CREW IN FOR A NEW BBC1 DOCUMENTARY.

Why would five of the most decorated, if not lauded, players of a generation put so much of



their money – not to mention their reputations – into something so risky? After all, the world is not littered with many men who've made a fortune running football clubs. "It first started when we all got together again for the *Class Of '92* DVD in 2013. We'd forgotten how much we liked spending time together, talking about old times," Phil Neville later tells us with more verve than we ever saw in him dissecting mid-table Premier League games on *MOTD*. "And it was such a success that we decided we should do something together again. Gary came up with the idea of buying Salford City and, soon enough, he and Ryan went to meet the owners. It just escalated from there, really."

Neville's enthusiasm is disarming. There's little doubting the impetus for the *Class Of '92* boys buying Salford; the reasons don't lie in the team's sleeping giant status or its potential for investment, because, frankly, there is none. We were told by a local that most people in Salford don't even know they have a football team. The reasons for this venture seem to be more nostalgic, mostly relating to the fact that it was where the *Class Of '92* trained as youngsters in the Manchester United academy.

"It was the place where we learnt to play football, a place where we spent probably 10 years of our early careers," says Neville. "We spent so much time around Salford, and the values the city taught us of hard work, honesty, dedication – and us just being normal working-class kids – maybe made us the players we were." As he speaks, there is more than a hint of emotion in his voice.

MOST OF THE PLAYERS' STORIES ARE TYPICAL AMONG ENGLISH FOOTBALLERS, BAR THE RARE FEW WHO GO ON TO PLAY IN THE PREMIER LEAGUE.

Training over, we sit down with some of the team's star players. Among them is 35-year-old Gareth Seddon, who earns the bulk of his living as a male model, and fellow league veteran Jason Jarrett, whose 14 years on the pitch have seen him traverse the breadth of English football, with spells for Norwich, Wigan, Preston and Leicester. Defender Steve Howson, a local boy, started his career at Manchester United, but was released at the age of 14 and has since balanced the worlds of non-league football (via a stint in Australia) and making what he describes as "latex products for the sex industry".

Seddon (who self-deprecatingly describes himself as a "non-league Andy Carroll"), tells a story that is more bittersweet. Starting out at



Everton, he was sold on to Bury and then Rushden & Diamonds, where he was forced into retirement by a rare blood disease. "I was in the first division, scoring loads of goals, not even at my peak yet," he says. "Then everything was taken away from me with the illness, and a few months later I was working in a factory with my dad." We ask how he feels about it. "It's just one of them things," he says stoically. Last season, he scored more than 30 goals for Salford.

But despite their long, well-travelled – and occasionally tragic – careers, all of them seem to view the last year at Salford as a pinnacle. "To get 30 goals and to win promotion would probably rank as one of my best achievements," says Seddon. "I was very nervous coming here; there was so much expectation and I'm proud that I've fulfilled that. Even though I've dropped down a lot of leagues, both football-wise and personally, it's probably my proudest achievement." Howson has an even more personal take. "I'm a Bury fan, so I used to sit there watching Jason and Gareth running around for us," he recalls, turning to Jarrett with a laugh. "I used to have a poster of you on my wall!"

And what's it like working with the *Class Of '92* crew? "Just being around them perks everyone up," says Howson. "They're asking me questions about my football, taking an interest in my life. I never thought in a month of Sundays



"THE VALUES THE TOWN TAUGHT US MAYBE MADE US THE PLAYERS WE WERE"



"When we took over, we were told we were the managers and we manage,"

I'd one day be talking about my career with Nicky Butt and Paul Scholes."

That said, the Class Of '92's presence at Salford seems to be a distant, hands-off sort of one. The vision we had of Paul Scholes collecting balls at the end of a training session wasn't fulfilled. We overhear a few phone calls relating to tonight's league-winning celebration: "Is Phil coming down? What about Nicky?"

Nobody seems quite sure. It's true that their role within the club has shifted since they parachuted in a year ago – have you ever seen Roman Abramovich or Sheikh Mansour putting the cones out? "We had become the meddling owners, everything we didn't want to be," Neville recently said. It was a refreshing admission.

So they appointed the well-respected duo of Anthony Johnson and Bernard Morley, who were making a name for themselves at Ramsbottom.

says Johnson. "I think the lads had been getting confused – one week it would be Gary Neville taking training, the next it was Scholesy. I think they got a bit complacent," adds Morley.

Johnson and Morley immediately set about building a squad to take them to the top of the league, comprising ex-professionals, nearly-men like Jarrett and Seddon, and hungry youngsters straight from Sunday league.

But how do the ex-Man United players feel about working day-to-day in the world of non-league football, compared to the glitz of Old Trafford in its most glorious years? "[Here] you can actually enjoy a game of football without the circus that surrounds most Premier League games," reflects Neville. "You hear everything, you see everything, you can have a pie, you can have a pint if you want. You mix with the supporters; it's all good humoured and there's

PHOTOGRAPHY: PA PHOTOS, SHUTTERSTOCK



LEAGUES AHEAD

Neville, Neville, Giggs, Scholes and Butt need only look to the most impressive ascents up the English league ladder for motivation

WIGAN ATHLETIC FC

Non-league to Premier League
in 28 years
(1977-2005)

Created in 1932, Wigan joined the Football League in 1978. Sports entrepreneur Dave Whelan bought the club in 1995 and helped them reach the Premier League in 2005.

FLEETWOOD TOWN FC

Division One North West Counties
League to Football League in 15 years
(1997-2012)

Reformed in 1997, the club rose from the 10th tier of English football to the third, League One. This promotion came from 29 games unbeaten and £10 million from the chairman.



very rarely any crowd trouble. It's kind of a throwback to the football you played as a kid, playing just for the love of the game."

OF COURSE, SALFORD IS BY NO MEANS THE ONLY NON-LEAGUE CLUB ATTEMPTING TO REACH THE HIGHER RUNGS OF THE LEAGUE LADDER.

Nor the only one with a dream of "giving football back to the fans". Local rivals FC United of Manchester, formed by Manchester United supporters angry at US businessman Malcolm Glazer's controversial takeover of the club in 2005, is both owned and democratically run by its fans and currently a league above Salford.

But for all the Bovril romanticism behind Neville's words, the truth is that Salford City is at a considerable advantage to its rivals and the team is probably going to want bigger peers and bigger players as time goes on. Is there any insinuation that Salford is a kind of low-budget Man City or PSG – its recent promotion surely being helped along by the new investment in the club? "Yeah, there is, but we're ambitious,

and we're trying to do things right and make progress," says Howson. "If that means more money, you take it. We want to do the best we can in our careers and for the Class Of '92."

Despite all the success, everyone still has a day job, be that Howson selling

gimp suits or Giggs assisting Louis van Gaal at Manchester United. Is it a downer going back to regular work on a Monday after getting promoted and being congratulated by some of Britain's most famous footballers? "The reality is I've got to get up at six in the morning to go work a nine-hour shift," says Morely. "We've got scaffolders, plumbers, electricians, and they go to work knowing they're going to do all

this too. Still, it's been a life-changer for us all."

It seems that despite the gulfs in money and experience that divide the Class Of '92 and the ground troops at Salford, working two full-time jobs seems to be the thing that unites them. And while it's easy to think up conspiracies as to why these loaded ex-pros invested in a team such as Salford, it's clear to see that there is a love of the game here – an addiction to it even – that keeps everyone doing this. "We're not in this to make money, because you can't do that," says Neville. "That's something that's totally transparent and totally true. We see this as a major, major part of our lives for the next 30 to 40 years. As a footballer, you're a long-time retired and you need something in your life, something that you're passionate about."

DARLINGTON ONLY SCRAPED A 1-1 DRAW WITH WARRINGTON THAT NIGHT, A RESULT THAT SAW SALFORD PROMOTED.

The players went to celebrate with a curry; it's unclear if any of the Class Of '92 joined them, but we'd imagine not.

"Salford has spent far too long in Manchester's shadow," 32-year-old fan and pensions administrator Mark Percy tells us after we leave the ground. "Salford City is about the fans. I'm looking forward to the day that we – in footballing terms at least – can stand up and compete on the big stage."

Only time will tell if Neville and the Class Of '92 will be looking down on Salford City from the executive boxes at Old Trafford, or if it will be another small club that talks the talk and peters out, like Rushden & Diamonds. But listening to everyone around the club, you can't help but believe that if anyone has the kind of single-minded obsession (not forgetting the cash) to do it, it's probably this lot. **FHM**

Class Of 92: Out Of Their League is on BBC One later this month

"IT'S KIND OF A THROWBACK TO THE FOOTBALL YOU PLAYED AS A KID"

AFC WIMBLEDON

Non-league to League Two
in nine years
(2002-2011)

After Wimbledon FC were moved to Milton Keynes, loyal fans formed AFC Wimbledon. They held try-outs at nearby Clapham Common and, in nine years, moved up to League Two.

SWANSEA CITY AFC

Fourth Division to First Division
in four years
(1977-1981)

With the joint record for fastest climb in English football, Swansea climbed four leagues, from Fourth Division to First, in four years.

PORTSMOUTH FC

Southern League to First Division
in eight years
(1919-1927)

Going from the Southern League to the First Division in eight years, Portsmouth started their climb to the top after a four-year break for World War I.

HOLLY

A woman is lying on her back on a thick white shag rug. She is wearing a black bikini with ruffled straps. Her legs are bent and raised in the air. In the background, a fireplace with a fire is visible.

WORDS
JOEL GOLBY
PHOTOGRAPHY
MARSHALL JAMES



LYWOOD

Your SEX LIFE

FHM SETTLES IN FOR A WEEKEND OF STEAMY CINEMA TO FIND OUT HOW TO GET IT ON, MOVIE-STYLE

No. 01

BUY A RUG AND BUILD A FIREPLACE

They say men get turned on in a very primeval way – based on what they see, or hear, or have Snapchatted to them – whereas women are more complex machines made up of a thousand whirring engines that all need delicately turning on at once. That's bullshit. Lie on a white bearskin rug in front of a log fire and you just bought yourself the express ticket to fuck city. Population: you, her and a dead bear.

👉 AS SEEN IN:

The Dark Knight Rises, Endless Love, City Of Angels, Body Of Evidence

No 02

INSTALL AIRCON UNDER YOUR DUVET

If you're going to be discovered having sex, it's most likely you'll be caught right at the oral stage, with your head beneath the covers and your fingers otherwise engaged. But don't worry, this is Hollywood: when you emerge from your sex cocoon you won't be red in the face, oh no. You'll look just like you got out of a nicely chilled make-up trailer.



No 03

HANG A MIRROR ON THE WALL OR CEILING

→ As everyone in Hollywood knows, the only way to truly achieve a dark, sexy, intense orgasm is by mounting a mirror on the wall and admiring yourself in it while you're doing it. Or the ceiling – you can mount one on the ceiling, too. Or in two corner walls, creating an infinite mirror arrangement. Or mirrors on every wall, and the ceiling, and the floor until you are not able to achieve anything even close to an erection until you can see your own bumhole from a hundred different reflected angles. To recreate this at home: just open the mirrored wardrobe door a bit and look at yourself in that.

AS SEEN IN:

American Psycho, Basic Instinct

04 PLAN A COUPLE OF near-death EXPERIENCES INSTEAD OF FOREPLAY

Sswerve a car near a lamppost while narrowly losing a street race. Drag her limp body from a blazing tower block. Accidentally fire a gun indoors. Have a punch-up with a stranger in an alleyway, that sort of thing. Whatever it is: your adrenaline is now pumping, there's blood on your lips and suddenly you're having full sex.

05 GET A CAR

"No, don't move. DON'T MOVE. I swear I've trapped a nerve in my leg. No, my thigh's rammed under the driver's seat. CALL AN AMBULANCE. I SLIPPED ON AN A TO Z AND THAT THING WITH A GEAR STICK HAS HAPPENED AGAIN." That never happens. No, car sex is always super hot. And easy. And really, really comfortable.

06 SPLASH OUT ON LONG-LIFE LIGHT BULBS

Hollywood sex: lights on, so bright your bed is illuminated as though floodlit, your toned bodies pummelling against each other in majestic coitus. Reality: lights off with you both under the duvet, until you can barely see what you're doing or where you're going, and so she doesn't comment on that weird aggressive mole on your back.

NO

07

BUY GREEK SHEETS

Women are boob-hiding wizards, their magical apparatus not a wand or staff but a simple folded bedsheet. Just did it? Sheet over boobs. Lying there, panting and exhausted? Somehow the sheet is an L-shape, to better cover her boobs with. Surprised guest bursts through apparently unlocked door? She will sit bolt upright, her boobs demurely hidden. It's safe to assume girls must have extra classes at school to teach them this. It's a wonder anyone has ever seen a female nipple at all.

AS SEEN IN:

Iron Man, Batman Forever, Bridget Jones: The Edge Of Reason, every Bond movie



No

08

STOCK UP ON THESE UNDIES



TIGHTY WHITIES

Mike Myers
Wayne's World



WHITE BOXERS

George Clooney
Out of Sight



BANANA HAMMOCK

Channing Tatum
Magic Mike



No 09

ALWAYS HAVE A PERFECTLY IRONED WORK SHIRT LYING AROUND

"Where did... how did... all my shirts are in the wash, love. How did you get a perfectly fitted – and ironed – shirt at such short notice? Was that hanging up in *my* wardrobe? Can you put it back? You're going to put dents in it." No leading man, ever.

AS SEEN IN:

Mr & Mrs Smith, Charlie Bartlett, The Wedding Singer, Date Night, 48 Hours, Transformers: Dark Of The Moon

No 10

KEEP YOUR KITCHEN MESSY

The greatest aphrodisiac isn't oysters, or money, or avocados: no. It's sweeping a load of pans and plates on the floor as you mount a kitchen work surface for a quicky. If Hollywood has taught us anything, it's that leaving last night's pasta pan out to soak can be oddly arousing.

AS SEEN IN:

54, *Fatal Attraction*, *Color Of Night*

No 11

DRAW A MAP OF HER BEDROOM

If you don't know at least six hiding places in your girlfriend's bedroom – under the bed, behind a curtain, in a closet, clinging to a small ceiling alcove like Spider-Man – then just don't be surprised when an ex-husband turns up, throws a cushion at your dick and kicks you out of his house with no clothes on. You need to be drawing maps from Day One, dude. Figure out which floorboards are viably liftable. Work out how many shoeboxes are under her bed. Know how much human weight her wardrobe can take before toppling over. Think of it like this: you are an army major, and her bedroom is the Somme. Know where the trenches are.

AS SEEN IN:

The Last Boy Scout, *Nice Dreams*, *Twins*

12 FORGET ANYTHING BUT MISSIONARY EXISTS

Next time you go to do a sex with a person, just think: is this exotic and gymnastically unviable sex move easy to block? Could an assistant producer feasibly see a nipple with your arm where it is? What about a bumhole? What about two bumholes? Then cool your jets, hotshot. Basic missionary then rolling, spent, on to your back is the only Hollywood sex move you're going to need.

13 TRAIN A BONER TO DIE INSTANTLY

Stressful mid-sex episodes – be it a landlord bursting in, ex bursting in, murderer bursting in – necessitate a special trick: killing a boner like a bird shot from the sky. Unless you can teach yourself to commit boner seppuku at a moment's notice – either physically, with muscle control, or just by thinking about Margaret Thatcher sloppily eating a banana – then you're not ready for Hollywood sex, buddy.

14 WEAN YOUR WAY OFF THE BOOB

The only way a bra is coming off when Hollywood sex is going on is, like, if there is an accident, and the bra sets on fire suddenly, and the only way to avoid succumbing to the fire is by unhooking the bra and throwing it in a bath. Otherwise, anything under a 12A is going to be a strictly tops-on affair (or employ lots of Greek sheets: see #07), so lower your boob-looking expectations accordingly.



NO

15

HONE YOUR MOST BEAUTIFUL SEX FACE

Coming October 2015: a film where Jake Gyllenhaal makes a sex face so disgusting it looks like his jaw is trying to bite his scalp.



No 16

UNPLUG YOUR PHONE

Hollywood rule #361: someone is always going to phone you, right when you're getting down to it, and for whatever reason you are going to answer, and it's always either bad news, or your mum, or both. Put your phone on airplane mode for the duration of your sexy time, because hearing your mum tell you your dad's been abducted by aliens is apparently a real boner-killer.

AS SEEN IN:

What's Eating Gilbert Grape, Bridget Jones's Diary, Tomorrow Never Dies

17 DO Nothing AFTER SEX AT ALL

Welcome to Hollywood, where no women have to immediately pee after having sex, and nobody has to tie a tight knot in a soggy condom, and nobody has to move the bed – gurning nakedly, disgustingly, with the effort – to find the vibrator that is slowly running out of batteries and making a weird sad buzzing sound between the frame and the mattress.

18 STOCK UP ON MOISTURE-RESISTANT SHEETS

Once – just once – we'd like to see a scene where two actors post-coitally contort themselves around the massive wet patch in the middle of the bed before Chris Hemsworth, or whoever, is forced to put the lamp on and tiptoe through the dark of the bathroom to fetch a towel to lay down on the sodden spot. Just once.

19 CANCEL THE GYM MEMBERSHIP, BECAUSE ANYONE CAN LIFT UP A WOMAN

The only exercise you need to do to hone a Hollywood body is to constantly pick up a willing partner – ideally while she's wearing white cotton underwear – and kissing her against a wall. No sit-ups, no chin-ups. Just lift up women repeatedly. Use your legs not your back. This is literally all Ryan Reynolds does to stay in shape.

No 20

THROW AWAY
ALL UMBRELLAS

Sprint through a cul-de-sac in the rain waving a boom box around. Descend from an apartment block in the rain on a rope of your own making. Do a weird Ryan Gosling DIY/rain-snogging session with Rachel McAdams. Sex without rain, according to films, is like toast without butter: dry, unpalatable and doesn't make a mess of the floor. Don't do sex unless there's a chance lightning might hit you midway through.

■ AS SEEN IN:

The Notebook, *9½ Weeks*, *Spider-Man*, *Match Point*





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Quote JBAA

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style news

10/15

COLLABORATION

BEN SHERMAN X ALPHA INDUSTRIES

When two heritage labels collide on this kind of scale, it gets us so excited we start to tingle. Alpha Industries has teamed up with Ben Sherman to create a unique version of its MA-1 – the jacket made famous by the US Army. Ben Sherman's house gingham forms the lining, with Alpha bringing its signature

nylon fabric and orange interior. Throw one on over a white shirt with jeans and loafers for a desk-ready look, or team it with an oversized tee, joggers and boxfresh kicks for a chilled weekend vibe – then prepare to wear the hell out of it straight through to next season. Jacket, £160, bensherman.com

Check out the mod details on the cuffs

TOP BRAND

ROUX WILL REIGN



A scalloped hem looks the business

Considering this label is still an ickle baby and only just turning one, Roux is totally bossing the tough over-populated market of British streetwear. With everyone from your younger bro to matey next-door selling logo tees, Roux works on unconventional silhouettes and messes around with the usual fabrics to reinvent casual basics. Get involved. Jacket, £85; T-shirt, £40; hat, £35, all weareroux.com

DENIM

PEPE GOES PREMIUM

With every brand from high-street staples to designer fashion houses now tapping into the coveted selvedge denim trend, it makes sense that an established label like Pepe Jeans would follow suit. But seeing as it's been doing denim since 1973, we're certain that this pair of premium specially tapered jeans will be your best friend for the next five years. Jeans, £110, pepejeans.com



The only jeans you need right now

FOOTWEAR

QUALITY KICKS

High-street heavyweight Office is known for stocking your favourite trainer brands, but turns out it also make a hella good set of sneakers itself. The new collections of leather zip high-tops are set to sell out quicker than you can say, "I can't tie my shoelaces properly." Trainers, £89.99, office.co.uk





MATCH PRIMARY
COLOURS AND
FUNNY SLOGANS
WITH PREPPY
STYLE FOR THE
LOOK OF THE
SEASON

STYLING: DAISY DEANE
PHOTOGRAPHY: MARCO VITTUR
GROOMING: CARLY HOBBS



Investing in a schoolboy-style backpack will give you a lifetime guarantee of badass-ness. Team with slim chinos and a fitted sweat for a slick look.

Swot up on your outerwear: brands such as K-way offer everything from lightweight windbreakers to cosy puffers.



Jacket, £220, k-way.co.uk. Top, £35, duckandcover.co.uk. Trousers, £95, reiss.com

OPPOSITE: Gilet, £165, reiss.com. Sweatshirt, £40, cheapmonday.com. Trousers, £19.99, newlook.com. Bag, £299, chapmanbags.com

Whip a sweat over a shirt
for a classified office look
— it doesn't matter what
the slogan is (as long as
it won't offend your boss).

good.



Tartan will always be a timeless classic – match it with denim and you'll be top of the style class.



Jacket, £95, Levi's at urbanoutfitters.com.
Sweatshirt, £50, timberlandonline.co.uk.
Scarf, £104.99, lochcarron.co.uk

OPPOSITE: Jumper, £84.95, scotch-soda.com.
Shirt, £85, reiss.com. Shorts, £62.50,
hufworldwide.com. Hat, £50, Ebbets at
anumberofnames.org. Socks, £11, [STANCE](http://STANCE.co.uk) at
brokfootwear.co.uk. Shoes, £80, saucony.co.uk

BACK TO
SCHOOL

excellent.

*Rugby tops are perfect for
this inbetween time of year.
Wear one on its own when
it's warmer and layer up
when the chill sets in.*





Adding Kickers to your staple plaid shirt/khaki jacket combo is a qualifying move into the fashion-forward league.

Jacket, £165, whistles.com. Shirt, £65, originalpenguin.co.uk. Jeans, £20, burton.co.uk. Glasses, £8, asos.com. Shoes, £80, kickers.co.uk

OPPOSITE: Top, £80, uclaclothing.com. Hat, £32.50, The Hundreds at routeone.com. Bag, £99, manhattanportage.co.uk



Nobody puts baby in the corner when you're busting a dope Letterman jacket – it's a piece that works all year round.



Jacket, £310, Schott at stuartslondon.com. Top, £12, topman.com. Trousers, £28, asos.com. Hat, £50, percivalclo.com. Socks, £11, [Stance at brookfootwear.co.uk](http://Stanceatbrookfootwear.co.uk). Shoes, £68, kswiss.com

OPPOSITE: Jacket, £70, burton.co.uk. Glasses, £8, asos.com. Watch, £120, shoreprojects.com

Smarten up your style with
a slim suit – if it's checked
and teamed with a tee, it's

A+



PRODUCT

TICKERS AT THE READY

Add one of these wrist-huggers to your shopping list to look super-duper fly



BEST DIGITAL WATCH

The original gangsters of the digital time-reading world: this is a no-brainer. £110, casioonline.co.uk



BEST LUXURY WATCH

Since 1909, Chanel has ruled the ooh la la world of fashion with the snazziest designs and cleanest cuts. £3,200, chanel.com



BEST DRIVING WATCH

With its fancy face and atomic reading in 26 time zones, this timepiece is driving royalty. £449, citizenwatch.com



BEST TIMELESS WATCH

What do you get when you put the Swiss and Brits together? This state-of-the-art beauty. £215, larssonandjennings.com



BEST SURVIVAL WATCH

Even Bear Grylls would be proud of this top of the line time-telling, orienteering beast. £325, mrporter.com



BEST STREAMLINED WATCH

Mondaine are famous for their easy-to-read faces – and they'll go with anything. £255, [Mondaine at thewatchgallery.com](http://thewatchgallery.com)



BEST SPORTS WATCH

Worn by Novak Djokovic, this boasts GPS-controlled time-keeping and anti-reflective coating. £1,595, seiko.co.uk



BEST WORK WATCH

Wear a boring suit to the office? Pick up this ticker with a flash of colour to brighten up your wrist. £76, swatch.com



BEST DIVING WATCH

Storm's first-ever diving watch features an automatic helium release valve and dual time function. £199.99, stormwatches.com



BEST UNDER £50 WATCH

Under £50? You heard right – but it's still more than smart and sophisticated enough to turn heads. £49.99, timex.co.uk



BEST SMART WATCH

This scratch-resistant Bluetooth model is utterly dependable – you'll never be late again. POA, guesswatches.com

TRAINERS

STEP INTO SUEDE

Bring some casual luxury to your hooves with these butter-soft beauties



£36, TOPMAN.COM



£70, PUMA.AT.OFFICE.CO.UK



£99.99, CRYFOOTWEAR.COM



£75, ADIDAS.CO.UK

PERFECT PUB KICKS



£59, FRANKWRIGHTSHOES.COM



£50, VANS.CO.UK

TENNIS WHITES RULE



£65, BOXFRESH.COM



FIGHT THE FILTH

Suede is notorious for getting mucky real quick. Here's how to keep five of its biggest enemies at bay...

BOOZE

Pat beer stains with a clean cloth, throw on talcum powder and leave overnight. The next day, remove the dried powder with a toothbrush.

SALT

Sweaty feet mean salt marks. Ask your prettier half for her nail file. When she says no, buy a nail file. Gently rub the salt lines away over a boiling kettle.

MUD

Blot the stain with a small amount of white vinegar using a clean towel until it disappears. For a quick fix, get rid of the dirt with a nail file.

SNOW

Lay some dollar down on a suede protector that's the same colour as your shoes. Apply it before heading out to build a monster snowman.

WATER

Whatever you do, *do not* clean your suede shoes with water. It'll balls up both the colour and the texture of your kicks.

STILL HAVEN'T FOUND WHAT YOU'RE LOOKING FOR?

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BACK-TO-WORK BARNET

After a summer of festivals, holidays and letting your hair down (literally) it's time for a chop...

01 No one should walk into the office after a holiday with a shaggy head of hair that says, "I've been sinking eight pints a day for the past seven days." Instead, stroll back into your working routine with a revamped cut that shouts, "I mean business, I deserve a promotion and I want an above-inflation pay rise."

02 Ask your barber for a 'textured edge' style, as seen on the catwalk at James Long. It's basically a groomed and neatly cut version of your hair, which you can add effortless texture to with product. It looks slick enough for the office but casual enough for everyday life, so you won't look like you've made an unnecessary effort to impress your bosses.

03 Need to maintain the style once you're out of the salon? Murdock London's head stylist Rory Hazell says, "Towel-dry your hair, then add salt spray to give it some texture. Use your fingertips and a hairdryer to lift up the roots without losing all movement. Finish with a pea-sized amount of hair clay – just do this once a day, as a build-up of product doesn't look quite so 'effortless'."

POP THE CORK FOR FISH

Hair-styling brand Fish celebrates 20 years of making barnets look the biz



When a brand has been going for 20 years, they obviously know what they're doing, right? Right. This year brings us the 20th anniversary of Fish styling essentials, the hair specialists that offer you a range of badass products that *actually* do what they say on the tin.

So how is it that Fish's wax holds without caking our hair so we look like Danny Zuko gone wrong? Well, it's a salon-grown company, so it hasn't just thrown some ingredients into a tub and hoped for the best. Top stylists at the Fish salon in Soho, London, explained exactly what works – and the end result is banging products that work like a bloody dream.

Ben Bokaie, a 25-year-old performance manager at Chalk Social digital agency, is an avid user of Fish styling products. He let us in on his daily routine to show us just how freaking awesome the Fishshape Texturising Cream and Stonefish Matt Clay are. We grabbed five minutes with him to see what his style is saying...

How would you describe your look?

It's quite urban-influenced – I like little independent brands, so I go to boutiques in East London and find less mainstream pieces. But when I'm working,

THE LOOK

Check out Ben's different looks and get some top tips from Fish at FHM.com/fish-ben



I smarten up, though it still has an urban feel – like a cool jacket over a crisp white shirt.

What's your favourite go-to outfit?

Black skinny jeans, black Palladium boots and a white tee. Simple.

How do you decide what you're wearing in the morning?

I just throw on whatever is around most days. Luckily, every day in our office is like dressed-down Friday – it's so casual. But if I have a client meeting I'll put on a shirt – and do up the top button – and I'll put some smart shoes on. On Fridays I'll always wear the comfiest clothes I have.

Who would you say your celeb style influences are?

Definitely David Beckham. He just always gets it so right from daytime to

evening and can carry off smarter looks, too. I also think Tinie Tempah is quite cool. He always looks a bit different to everyone else.

What's in your washbag?

Bleu de Chanel aftershave, Aesop Hydrating Cream, Fish Fishshape Texturising Cream, a Philips shaver and Molton Brown Shower Gel.

What's been your worst hair moment?

One time I went to the hairdresser's with my sister and asked for the David Beckham haircut, while she got Victoria's. But it was during his Mohican phase, so I got ripped to shreds at school. I swear it looked cool.

What do you do to your barnet in the morning?

A little bit of product, bit of a messy look, nothing special really. It literally takes me two minutes.



"I ASKED FOR BECKHAM'S HAIRCUT, BUT IT WAS IN HIS MOHICAN PHASE – I GOT RIPPED TO SHREDS AT SCHOOL"



SMARTEN UP FOR THE EVENING WITH SUPERFISH SLICKFISH GEL

PHOTOGRAPHY: MARCO VITTOR

GET BEN'S LOOK

- 01 Towel dry your hair.
- 02 Mix Fishshape Texturising Cream and Stonefish Matt Clay together and cover both your palms in the new remixed product.
- 03 Work the product into the

hair in a circular movement to create a bed-head look. Fish hair-styling products are available to buy at fishsoho.com, Boots and boots.com



WIN AT LIFE

upgrade

EDITED BY TOM WARD

BECOME THE OFFICE

★ CHAMP

**THE WORKPLACE IS A TRIBE
LIKE ANY OTHER. HERE'S
HOW TO BECOME ITS CHIEF**

Whether you work in an office, garage or on an oil-rig, the trials of giving up eight hours a day (instead of playing GTA V in your pants) will surely weigh heavily on your shoulders.

Sadly, those of use who don't enjoy eating supermarket-brand baked beans for every meal have to spend at least a few days a week pretending to do a little bit of work.

To make this more bearable, we've put together the ultimate guide to owning your office, from bagging the pay rise you deserve to getting your boss to make a brew.

Now, grab this mag, rip off your shirt and shout, "It's time to go to woowooooork!"





WEAR THIS AND NAIL THE INTERVIEW

► "Negotiating the dreaded 'smart casual' dress code for interviews can be a minefield," menswear writer Michael Dale says. "The key thing to consider is versatility. Purchasing a decent blazer and smart accessories will give you options." Like these...

01 THE BLAZER

"A slim-cut navy blazer is the perfect choice, with a two-button fastening most flattering. It's the most appropriate option for formal situations." £120, [topman.com](#)

02 THE TIE

"A silk knitted tie is an easy way to dress down. The injection of green will complement your shoes and trousers." £35, [tmlewin.co.uk](#)

03 THE SHIRT

"A white cotton button-down shirt will inject a little 'prep' into your step. Undo the top button to loosen things up." £19.90, [uniqlo.com](#)

04 THE TROUSERS

"Grey trousers will offset the navy in the jacket nicely, while the slim cut will show your potential boss you mean business." £40, [whistles.com](#)

05 THE SHOES

"A classic derby in brown will complement the inky tones of the blazer." £170, [reiss.com](#)

TALK YOUR BOSS INTO GIVING YOU A PAY RISE

► Let's be honest: you're working for peanuts. And we know how good you are – any employer worth their salt would be glad to have you. Carmine Gallo – author of *Talk Like TED: The 9 Public Speaking Secrets Of The World's Top Minds* – wants you to march into the boss's office and demand that pay rise right now. Here's how

01 Get your facts right

Don't just blunder in there – make a clear plan of what you want to say, and stick to it. "Communication matters, and it matters a lot," says Carmine. "A strong argument and a thoughtful pitch can help you earn the salary raise you deserve."

02 Massage their ego

"Your boss doesn't care that you've increased sales by 22 per cent," says Carmine. "He cares about himself and his dreams. Help him achieve them and you'll win him over." Tell him how what you're doing makes his job easier.

03 Sex-up your statistics

Have you been doing two people's job for one salary? Have you cut your department's expenses in half? Have you saved money by consistently using one tea bag for three people? Dry, but essential.

04 Exaggerate

Carmine knows that "stories inform, illuminate, inspire and, ultimately, persuade". You need to remind your boss about the time you went above and beyond, from getting smashed with a client to staying late three nights in a row.



AND REMEMBER: "Asking your boss for a raise requires a logical and factual argument, but you should never underestimate the power of emotion."

TALK ABOUT THIS SHOW AT THE WATER COOLER

Fear The Walking Dead, 9pm, Monday nights, Fox

The primer: A prequel to that other zombie show you've heard of, this time set in LA with a whole new cast of potential undead-chow.

Your new girl crush: 22-year-old Australian Alycia Debnam Carey is the hot-but-rebellious-and-hopefully-never-ever-going-to-die daughter.

Your water-cooler verdict: "Wow. It's even more intense than *The Walking Dead*, but it represents the internal crisis we all feel, because, ultimately, aren't we all becoming zombies?"

PLAY THIS ALBUM ON THE OFFICE STEREO



Dodge & Burn by *The Dead Weather*, out 25 September

► The battle for control of the office stereo rages between the guy who loves late '80s hip-hop and the twitchy bloke obsessed with mind-thumping '90s Euro trance. Now's your moment to save the day with the third album from Jack White's most interesting side project, featuring members of The Kills, The Raconteurs and Queens Of The Stone Age. You'll have cemented your cool credentials by the end of the first riff. What else are you going to do? Listen to the radio?



BEAT IT WITH THESE AFFORDABLE TABLETS

► None of us have time to wait for the stressed IT bloke to come and set up our Outlook accounts. Pack a tablet-sized back-up instead



01 IPAD MINI 3

More subtle (and affordable) than the iPad Air 2, the Mini 3 comes with 16GB storage, FaceTime audio-calling and Siri to help your day run as smoothly as possible. From £32 a month, vodafone.co.uk

02 VODAFONE TAB PRIME 6

Android's 5.0 Lollipop OS means this tablet is more than capable of rivalling its wallet-stretching competitors. It's also thin and lightweight enough to work on during your crowded rush-hour commute. £150, vodafone.co.uk

03 SAMSUNG TABLET A

If you're not ready to let go of old-school notetaking, this tablet's pen and 4:3 screen ratio will help you scribble on the move. £269, samsung.com

MASTER THE KICK-ASS HANDSHAKE



► You can tell a lot about a guy from his handshake. *Harley Street psychologist Richard Reid (pinnacletherapy.co.uk) nails it*

01 USE YOUR BODY

"Stand up, and keep your hands out of your pockets. Use eye contact and smile warmly, but briefly."

02 GET IN POSITION

"Ensure your hand is neither palm down nor palm up. Angle your thumb towards the ceiling."

03 TOUCHDOWN

"Keep your palm flat and make contact diagonally, wrapping your fingers around the person's hand."

04 SHAKE

"Lock your thumb down and squeeze firmly, mirroring the other person's pressure. Shake from your elbow, giving it two or three pumps, then release."

READ THIS AND BECOME THE BOSS



Like A Virgin by Richard Branson (£7.19, Virgin)

► You don't have to like hot-air balloons and goatee beards to appreciate Branson's business bible. Even you could learn something...

01 ENJOY YOUR WORK BRANSON SAYS:

"For me, building a business is all about doing something to be proud of."

FHM SAYS:

Try to do at least a little bit of work each day – it might even make you feel all warm inside.

02 NOBODY'S PERFECT BRANSON SAYS:

"When they believe they've nailed it, people tend to sit back and rest on their laurels."

FHM SAYS:

Stay hungry. There's always someone – ie that snake with the limp handshake – willing to take your place.

03 TAKE RISKS BRANSON SAYS:

"The brave may not live forever, but the cautious do not live at all."

FHM SAYS:

Remember, what we do in life, echoes in eternity.*

*This line is definitely not stolen from *Gladiator*.



GET A DATE WITH THE OFFICE HOTTIE

► FHM's Relationship Editor, *Girl On the Net* (girlonthenet.com), leads you safely through the minefield of dating in the workplace

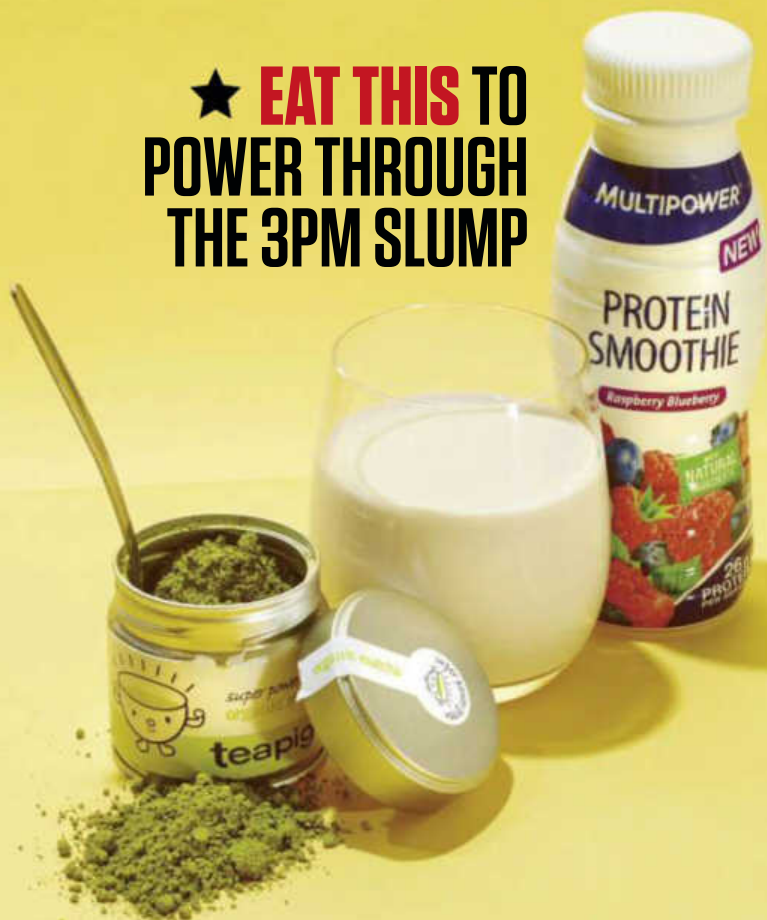
"Office relationships shouldn't be taboo, but be aware your colleague has probably spent her working life fending off approaches from sleazy guys at the Christmas party. A failed chat-up will, at best, make you look like the office creep and, at worst, be grounds for gross misconduct. Be respectful – never, ever, *That Guy*."

01 "Start with a friendly chat, then ask her if she fancies a drink. Phrase it casually, as no one wants to feel obliged to go for beers with their colleagues/boss. Try, "Long day – fancy a drink to wind down?"

02 "Feel free to talk about work on a date, but don't say anything she could use against you if she gets promoted. Slip some of your more fun hobbies (everyone likes bus spotting, right?) into the conversation, but, more importantly, show an interest in hers."

03 "If you manage to get together, keep it low-key in the office. No one wants to picture their colleagues naked. When it all inevitably falls apart, stay professional. If you're bitter, swap her desktop wallpaper for a high-res picture of a dog's arse."

★ EAT THIS TO POWER THROUGH THE 3PM SLUMP



► Chocolate, pastries and coffee will all give you a short-term energy boost, but to really beat 3pm fatigue, follow the advice of nutritionist Christine Bailey (christinebailey.co.uk).

"Protein-rich snacks are more satisfying than sweets and will stabilise your blood sugar to maintain energy. They also provide essential

amino acids to boost focus and concentration. Beef jerky, nuts and protein shakes (£22.99 for eight, multipower.com) are the best options.

"If you're struggling to focus, ditch the coffee and have a cup of matcha green tea (£25, teapigs.co.uk) – it has three times more caffeine than regular tea bags."

END YOUR EMAILS LIKE THIS



► You can tell a lot about a man by the way he ends his emails. Do you go for the clock-watching intern's 'cheers', the uber-hipster's 'blessed' or the cringe-worthy dad vibes of 'kind wishes'?

The answer should be 'regards'. Better than 'best', 'best wishes' and 'sincerely', 'regards'

is the smooth operator's sign-off of choice. Formal but not too formal, sincere without overstating it, 'regards' conjures up images of a debonair gentleman, answering emails in a smoking jacket before taking a dip in the pool, and that's exactly the kind of guy you want to be. Or at least make people think you are.

ORGANISE YOUR DESK AND BECOME **40% MORE PRODUCTIVE**

► If you're anything like us, your desk is covered in an assortment of out-of-date magazines, empty water bottles and random stationery. To help you work smart, we've put together everything you need to get your desk ship-shape

01 THE LAMP

Poor lighting affects mood and productivity, so sort it out with this stylish Bobby lamp. £20, habitat.co.uk

02 THE FRUIT BOWL

Green lowers the heart rate, while oranges provide a much-needed sugar boost. £8, habitat.co.uk

03 THE VINTAGE PENCILS

Scribble in style. Pencils, £19.50; pen pot, £34 for two, both pedlars.co.uk

04 THE PHOTO FRAME

Move around any photos on your desk every few days to stop things becoming stale. £10, habitat.co.uk

05 THE FILOFAX

No longer just for yuppies and Del Boy, a good organiser will help you maximise your 9 to 5. £30, filofax.co.uk

06 THE NOTEBOOK

The better your notebook, the better the ideas you fill it with. £10.50, moleskine.com

07 THE 'GET YOUR SHIT TOGETHER' PAD

Come on, it's about time. £5.99, saatchistore.com

08 THE PARKER PEN

This pen adapts to your writing style and will last for life. £128.79, parkerpen.com

09 THE WATER

If you aren't properly hydrated you won't last the day. Chuck out that old plastic bottle. Carafe, £8; glass, £2.50, both habitat.co.uk

10 THE PLANT

Plants improve the oxygen in your office and will help keep you calm when deadlines start piling up. £10, habitat.co.uk

11 THE IN-TRAY

Stay focused by keeping your workflow in shape. £10, habitat.co.uk

12 THE ENAMEL MUG

Ours is a milk, two sugars, please. £9, urbanoutfitters.com



GET YOUR BOSS TO MAKE THE TEA ★

► Mugs so hot the big man won't be able to keep his hands off them



01 £8, urbanoutfitters.com

02 £9.99, moderntoss.com

03 £12, urbanoutfitters.com

★ DOWNLOAD THESE APPS TO STAY SHARP

WONDERFUL DAY

Free, App Store

What's the key to becoming the sort of success story your mum brags about in the local corner shop? Repetition, that's what. Calendar app Wonderful Day helps by marking the days you work towards a goal green, leaving the others an angry, disappointed red.

COACH.ME

Free, App Store

Whatever you're trying to achieve (learn Spanish, get fit, master the one-handed press-up), it always helps to have someone else working towards the same goals. Coach.me puts you in touch with like-minded people, all of them ready to share advice to see you through dark moments of doubt.

ANY.DO

Free, App Store

Any amateur – that'll be us then – can scribble a to-do list on the back of a Tesco Express receipt, but the true professional uses Any.do to share projects with his team and keep tasks synced across all devices. Maybe leave 'Buy loo roll' off this one.

GO ON AN OFFICE AWAY DAY THAT DOESN'T SUCK

► Just please don't call them 'off-sites'

01 SURF SNOWDONIA

Your first genuine reason to go to Wales (unless you're Welsh, obviously), Surf Snowdonia is the world's first inland surf lagoon, offering perfect surfing on a 150m artificial pool. Yeah, we've no idea how to do it, either. £360 for one hour for a group of 10 (surfsnowdonia.co.uk)

02 THE BEAR GRYLLS SURVIVAL ACADEMY

Learn to survive from the best, with 24-hour and five-day courses available across the country. From £219 per person for a group of 12 (beargrylls-survivalacademy.com)

03 CRIME SCENE EXPLORATION

Don your best John Luther coat and start mumbling something about 'blood splatter' at 41 locations across the country. Actual murder not included. From £150 per person (chillisaunce.co.uk)

Hit the circuit in Abu Dhabi

Channel Fast & Furious 7 – without all the terrifying, death-defying stunts...

Getting there

Flights start from £240 return from Gatwick or Heathrow.

If you're a big spender, fly in style with Etihad Airways from London Heathrow or Manchester, from £580 return.

An hour-long bus trip from Abu Dhabi to Dubai is also available, from £9.



Reach 150mph

Although Ferrari World* sounds like a theme park for car-mad middle managers from Doncaster, it's actually brilliant and home to

the world's fastest roller-coaster, which goes from 0-150mph in five seconds flat. ferrariworldabudhabi.com
*Other super cars are available

WORDS: ELIZABETH ATKIN. PHOTOGRAPHY: CRAIG STROYDON. SOPHIE TIGHE. ELIZABETH ATKIN. FAST & FURIOUS 7 IS OUT NOW ON BLU-RAY



Sleep in style

Unless you fancy hanging out in the desert, you'll want to park yourself on The Corniche, Abu Dhabi's nightlife hub. We recommend staying at the Jumeirah at Etihad Towers, where rooms start at £490 and can go up as high as, er, £14,000 per night (though it does have a Waitrose in the lobby, so swings and roundabouts). jumeirah.com



Booze in secret

Alcohol is illegal in the UAE and drunkenness in public is a serious offence, but you can still drink booze in certain places with a licence, including Hakkasan – home to the finest Japanese whisky money can buy. hakkasan.com



Burn rubber

Anyone who thinks Abu Dhabi is for millionaire oil barons and Formula 1 drivers is right. So why not try to fit in with a drag racing session (from £53) on the Yas Marina Circuit, home to the Abu Dhabi Grand Prix? If that's not your speed try a drifting session with a pro instructor from £114. yasmarina.circuit.com



Hit the mall

Much like in US teen comedies, everyone in Abu Dhabi loves the mall. The Souk Market in the World Trade Center is your place to go for everything from spices and Arabian lamps to stuffed camel and boiled shark. And for dessert? Lots and lots of dates.



Learn something

The Sheikh Zayed Grand Mosque is the key place of worship in the UAE. Dress modestly, be respectful and get ready for some stunning architecture. Then visit The Heritage Village for camels and great views of the skyline.



Get your buzz on

With 72-hour binges of the new *FIFA 16* on the horizon, our resident gaming nerd tests out the hardest-hitting high-caffeine drinks on the market

Biotest Spike Energy Shot

£6.27, amazon.co.uk

Lowdown: Billed as 'the high-speed energy shot everyone's been waiting for', each bottle contains two servings of power.

Taste: Stings the nose as it goes down, sticks in the throat like sherbet.

After-effects: As exciting as a bingo session with your gran.

Overall:



Starbucks Doubleshot Espresso

£1, tesco.com

Lowdown: The website promises a 'chilled espresso, mellowed with a touch of cream'.

Taste: Like the dregs at the bottom of your latte, but a bit creamier.

After-effects: We want another. Now.

Overall:



Winner!

5-Hour Energy

£13.49 for six, amazon.co.uk

Lowdown: Apparently 'the world's number-one selling energy shot', this promises 'maximum energy' when you down the whole thing.

Taste: Resembles a Skittles-flavoured tequila shot.

After-effects: We're awake behind the eyes, but everything else feels numb.

Overall:



SIS GO

Hydro Caffeine

£4.49, hollandandbarrett.com

Lowdown:

10 dissolvable cola-flavoured tablets, each packed with 475mg of caffeine.

Taste: Like own-brand cola diluted with pond water.

After-effects: This would be a great hangover cure, if we could stomach it.

Overall:



**Focus
Energy Shot**
£1.99, holland
andbarrett.com

Lowdown: 60ml of pure energy, with as much caffeine as one coffee and the ability to temporarily turn your face red.

Taste: Like that cheap cherryade your best mate always drank on school trips.

After-effects: We'd get more of a buzz from *The Great British Bake Off*.

Overall:



**Beet It
Organic Shot**
£1.95, holland
andbarrett.com

Lowdown: Contains 300mg of 'dietary nitrate'. The package warns that it 'may turn urine pink'.

Taste: Looks like blood, smells like death. Tastes like an apple and blackcurrant Ribena left out in the sun.

After-effects: Can we have a nap yet?

Overall:



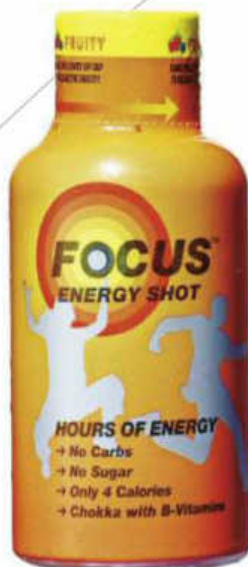
Buzz Shot
£1.49,
buzzshot.co.uk

Lowdown: Focused on stimulating metabolism using natural extracts, it's the only drink that makes us think we might not die.

Taste: Cough syrup.

After-effects: This would wake you up, but not in a pleasant way.

Overall:



**FHM'S
CAFFEINEOMETER™**

Ranking the heart-hammering drinks we down on a daily basis

Buzzing

Tall
Starbucks
filter coffee
240mg

Rockstar
Energy
Drink
80mg

Black tea
70mg

Aspirin
50mg

Lucozade
46mg

Dr Pepper
42mg

Jägerbomb
41mg

Mars bar
13mg

Kit Kat
8mg

Medical
Caffeine
Citrate
injection
5mg per
1ml solution

Oreo
1.3mg

Zzzzzzzzz

upgrade : Expert

Write a screenplay

Crack those knuckles, oil that typewriter and shepherd your story to the big screen in eight easy steps

Shoot in style:
Legria Mini, £179, canon.co.uk



04

FIND YOUR SPACE

"I lock myself in an office for five hours a day until the job's done. I don't drink or take drugs to get creative, but it works for some people. At this stage it should be about refining storylines, dipping into your basket of ideas and getting stuff down on paper."



Jared Hess may have only budgeted a tiny \$400,000

for 2004's cult classic *Napoleon Dynamite*, but it raked in a whopping \$44.5 million at the cinema. Want a slice of that pie? Ahead of *Masterminds* (his new film, out 9 October), he reveals how to hit those Hollywood heights with the power of your pen

01

GET PERSONAL

"Taking experience from your own life can help give you an edge. After *Napoleon Dynamite* came out my mum massively told me off for sharing embarrassing family material. *Masterminds* is a true story and the most absurd moments are based on how it actually went down."

02

SCREW THE PLAN

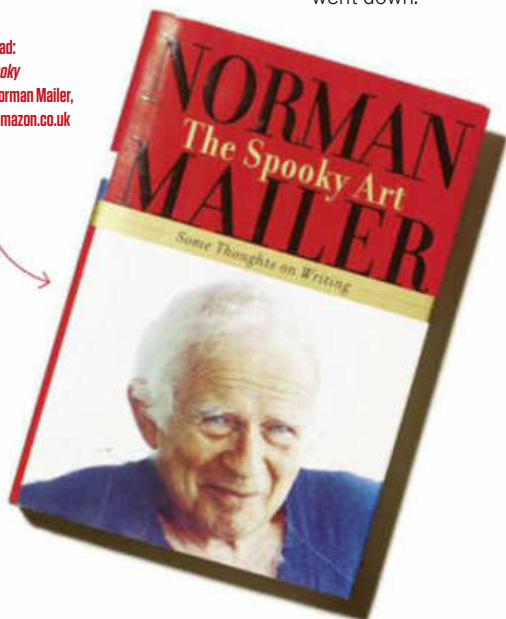
"People can be a slave to structure but it's not always necessary. When Cormac McCarthy was writing *The Road* he said that each page was a discovery for him. Remember: different story concepts lend themselves to different methods."

03

GO OUTSIDE

"It's a daunting task to sit in front of a computer screen knowing you have to type 90 to 120 pages and have a completed movie at the end of it. The best way to prepare is to go out and live life. You end up accumulating great material almost accidentally, which makes writing a bit less daunting."

Must-read:
The Spooky Art
by Norman Mailer,
£11.70, amazon.co.uk



Edit film like a pro:
XPS 13, £949, dell.com

05

NAIL A PLAYLIST

"Music isn't essential, but it can help. I've listened to different music from film to film. Usually a lot of the music you listen to ends up written into the script in some way, whether you mean it to or not."

06

LEAVE BRUCE ON THE SHELF

"A lot of people get stuck because they've written something too big. You won't get \$100 million and Bruce Willis for your first film. Always write inside your budget. Ideally, you should be able to shoot your film on a cheap camera and edit it on a laptop."

07

DEVELOP THICK SKIN

"If you really want to get your film made, you have to be open to collaboration with a studio on some level. Sometimes you recognise that a script really needs help, other times it can be a case of too many cooks getting involved..."

08

WRAP IT UP IN STYLE

"The satisfying ending is one of the toughest parts of filmmaking. Between television and movies, audiences have become very savvy. As a writer, it can help surprise the audience if you don't know exactly how things are going to end as you're writing. Get the characters right and the rest will follow."

Type like Hemingway: Silver Reed typewriter, £135, everesttypewriters.co.uk

Five awesome writers who got it right first time



Quentin Tarantino
Reservoir Dogs (1992)
A classic

example of writing within your budget, QT's debut featured nine men, a warehouse and a shed load of fake blood.



Judd Apatow
The 40-Year-Old Virgin (2005)

The film that made you think twice about waxing your chest was the directorial debut of writer Apatow, now the comedy kingpin of Hollywood.

Harmony Korine



Kids (1995)
Written in just three weeks, the tale of skating,

casual sex and coming of age became one of the most important (and controversial) films of the '90s.

Mike Myers



Wayne's World (1992)
The film that brought Myers' *SNL*

sketch to the masses and launched the career of one of the all-time great comedians.

Orson Welles



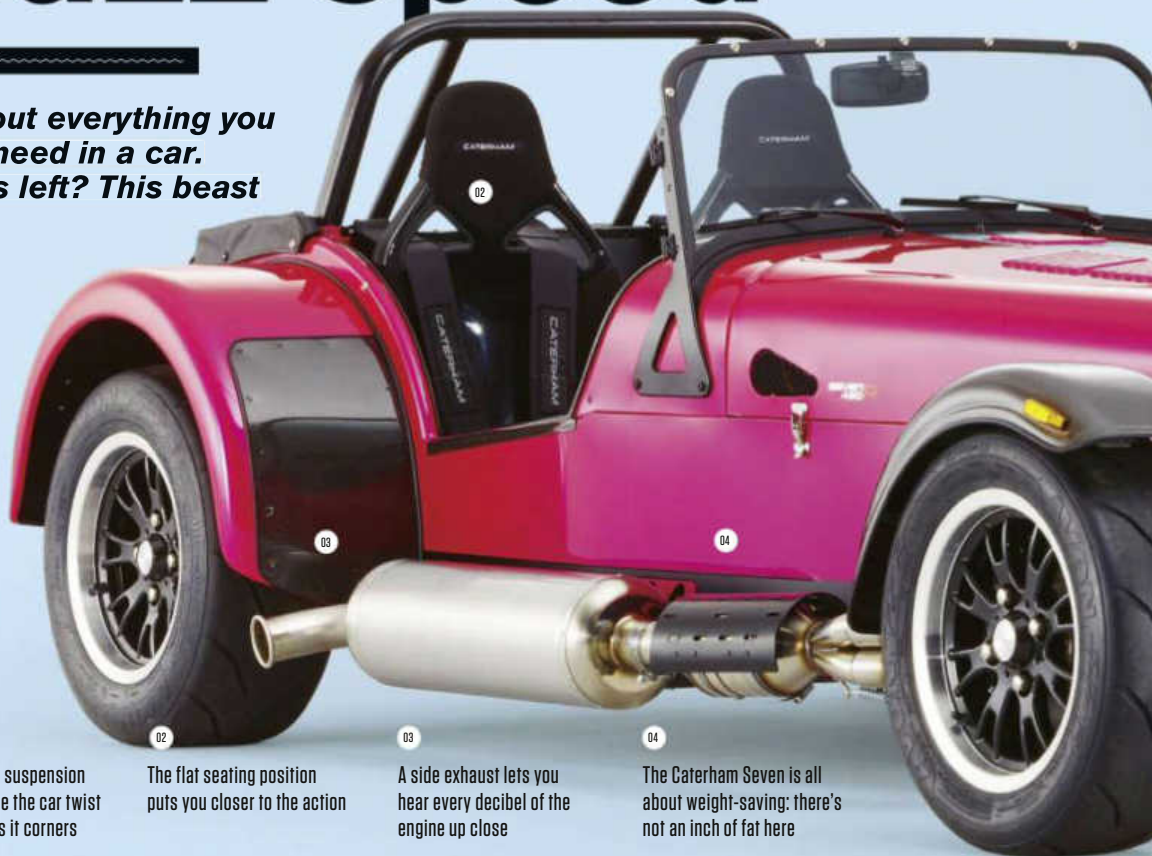
Citizen Kane (1941)

Widely regarded as the best film of all time, Welles wrote

and directed his debut aged just 26.

Buzz speed

Strip out everything you don't need in a car. What's left? This beast



01 Exposed front suspension means you see the car twist and bounce as it corners

02 The flat seating position puts you closer to the action

03 A side exhaust lets you hear every decibel of the engine up close

04 The Caterham Seven is all about weight-saving: there's not an inch of fat here

In 1957 the legendary motor-racing engineer Colin Chapman created the Lotus Seven car.

It was a pivotal moment in the history of Cars We Give A Shit About. Obsessed with perfecting the sports car, Chapman put his vision simply: "Adding power makes you faster on straights. Subtracting weight makes you faster everywhere."

Lightweight sports car specialists Caterham acquired the rights from Lotus in the 1970s. Since then the British company has lovingly parented the car to the point where every part has been updated and improved – and the 420R is the demon child it gave birth to.

THE BIG QUESTIONS

Wow.

Yeah, that's right. Featured here in a colour Caterham calls 'Triumph Nuclear Red', the eye-burning magenta zing of the 420R tells you all you need to know about the intentions of this car. Add to that the Formula 1-esque front-wheel suspension, fat rear tyres and exposed exhaust, and you have a car that turns heads the way it turns corners: dramatically.

How fiddly is it then?

Well, a bit. The doors are flaps of plastic and the hard composite seats don't really move. The key turn sits awkwardly under the dashboard, the

seatbelt is a complex four-point affair and the roof is attached with press studs. But to complain is to miss the point; this is stripped-back motoring. In fact, there's so little to this car you can even buy it in kit form and build it yourself.

And why would I want to build my own car?

Because you're a man and motor oil is in your blood, that's why. And, if you do fancy escaping all responsibility for two years' worth of weekends, Caterham will supply all the bits you need in Meccano-style boxes. Of course, if you're not really up to it, you can pay a few grand more and leave it to the experts. Wuss.



CATERHAM SEVEN 420R

PRICE: £29,995

ENGINE: 2.0 litre
Ford Duratec

POWER: 210 bhp

0-60MPH: 3.8 sec

TOP SPEED: 136 mph

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From £74,950



Ariel Atom 3

A road warrior that looks like it's made out of scaffolding.
From £30,572



Caparo T1

What? Now you're just being stupid.
From £211,000

What else does Caterham build?

It's recently simplified its range to the baby 160, the 270, the 360, this 420 and the hypercar-rivalling 620R (best kept to racetracks).

So what are the numbers?

The 420R does 0-60 in 3.8 seconds and will fling you to 136 mph. The 2.0-litre Ford Duratec engine will drop 210 bhp through the rear wheels, but in a car that weighs about the same as a box of tissues that's a power-to-weight ratio of 5.88 pounds per horsepower. Which is nuts.

How much are we talking?

Throw down £29,995 and you get the standard car (pre-built, obviously). An extra £3,995 gets the R Pack, which

includes a limited-slip differential, five-speed gearbox and a roll bar.

How big's the driving buzz?

Sweet Lord, this car can go. Warmed up, the thing fires forward like a cheetah with its tail alight. It's loud, brutal and all-consuming.

What's my girlfriend going to think, then?

She's going to think you've lost your marbles. Then she's going to notice the retro '60s cool and think you're a dashing cad who's going to whisk her away to the country.

Should I get one?

Hell, yeah. To drive one is to connect with the very soul of the British sports car. It's an unforgettable thrill. **FHM**

Hot advice from a cool girl:

**How to get
her attention
at the bar**

FEAT.

Destiny

Five drinks in, your beautiful future bride appears at the bar – but how do you approach her without coming across like an unhinged desperado? Luckily, Destiny and our new Relationship Editor, Girl On The Net, are on hand to clear up your booze-soaked blunders...



01

You've sent over the brightest cocktail on the menu (complete with sparklers)

Destiny says: Fantastic!

Girl On The Net says:

Good in principle, but how about sending the waiter over to ask what she wants instead? There's no pressure, and you can bow out if she's not interested.

FHM says: Girls love fresh fruit in cocktails.

Keep a pineapple on you at all times, just in case.

02

You've hired out the entire VIP section just for the two of you

Destiny says: Having space and privacy is sexy, but you could easily come off as a total douche-bag.

Girl On The Net says:

This might make you look like you want any old girl to come over. But, if the club is rubbish, she may be glad of somewhere to chill out.

FHM says: Loudly tell your mates to clear off to avoid looking like a loner.

03

You've asked the DJ to do a call-out and play Billy Ocean's Suddenly

Destiny says: Seriously? That's so embarrassing.

Girl On The Net says:

A high-risk situation. If she's a proper cheesy romantic, this is likely to go down a storm. If not, you'll have an entire song to cringe through before the nightmare ends.

FHM says: If Ocean fails, go for Next's *Wifey* to try to seal the deal.

"If you look like a gang of rutting stags, you'll probably be heading home alone"

04

**You stage a dance-off
with your mates to
prove your worth**

Destiny says: That's embarrassing but kinda cute. I do love a goofball.

Girl On The Net says:

If you can make this funny, go for it. If you look like a gang of rutting stags fighting to win a lady, you'll probably be heading home alone.

FHM says: If you can't backflip off the bar into splits without spilling your drink, you shouldn't even be there.

05

**You tell her you're a
billionaire fireman who
trains blind dolphins**

Destiny says: Nice try. Do I look like a gold digger? What's wrong with you?

Girl On The Net says:

Go for it – as long as you can back it up when she asks to pet your dophin. I'd want to find out what he actually did to warrant inventing such bullshit.

FHM says: Keep it realistic, like you're a stunt driver or the man who irons all of NASA's spacesuits.

06

**Your chat-up line
involves a pack of
cards and eight of your
best magic tricks**

Destiny says: I like magic, but not in a club, thanks.

Girl On The Net says:

No one wants to be forced to watch anything but, if you do know a trick, go for it. If all else fails, pretend you're doing it for tips.

FHM says: Unless you can make adorable baby rabbits appear from her handbag, forget about it.



A close-up, low-angle shot of a person lying on their back. A black strap, possibly a bra strap, is visible across their chest. The person's skin is fair and appears to be lying on a dark, textured surface. The background is out of focus, showing warm, golden light filtering through, creating a moody and intimate atmosphere. The overall color palette is dominated by warm tones like gold, brown, and black.

**“Buy me a
drink and
we’ll chat”**

07

You've been hanging around the fruit machine for an hour, rattling your change like some sort of lucky millionaire

Destiny says: The sound of change in your pocket won't catch my attention, for many reasons...

Girl On The Net says: Have you ever seen a guy at a fruit machine who's surrounded by a crowd of women? I rest my case.

FHM says: It's a clear 'no' from the ladies, so spend your £6 winnings on a quick pint and a small bag of chips for your lonesome journey home.

08

You repeatedly do the 'throwing-the-fishing-line-and-reeling-you-in' move while winking at her across the bar

Destiny says: That's cute... I think. Buy me a drink and we'll chat!

Girl On The Net says: Sadly you guys are often taught that the key to chatting up is persistence. It isn't: the key to chatting up is to know when she's not interested, and stop.

FHM says: Nothing is sexier than being a man. Go over, ask her what she's drinking then get her number. Easy.

Read more from *Girl On The Net* at girlonthenet.com

Want to be an FHM Girlfriend? Go to fhm.com/girlfriend to apply

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True story:

“The pirates beat me with their rifles, then piled me into a waiting SUV”

MICHAEL WORKING ABROAD
AS A JOURNALIST, YEARS
BEFORE HIS CAPTURE



Somalia, east Africa, has been embroiled in civil war since 1991 and is ruled by a complex, constantly feuding network of regional governors and warlords. It was there that Michael Scott Moore, a journalist living in Germany, travelled to research the trial of some Somali pirates in Hamburg. That's when things went wrong. Kidnapped just over a week into his trip in 2012, Michael would not see freedom for 977 days...

I HAD BEEN IN SOMALIA FOR 10 DAYS WHEN IT HAPPENED. A cannon-mounted truck was waiting for my car beside the road en route to our hotel. A dozen pirates jumped off the truck, ran around to my side of the car, opened the door and pulled me out. They beat me over the head and cracked my wrist with their Kalashnikov rifles, then piled me into a waiting SUV. My security guards never even fired a shot.

At first I was held outdoors, in bush camps, but over the two-and-a-half years I was there I was put in a number of different places, including on a hijacked ship for five months. During the last, longest period, they kept me in a series of prison houses in Galkacyo [the capital of the country's

north-central region]. These were barren, unfinished pirate villas and we essentially camped out on the concrete.

Each night, my legs were tied together with a bicycle chain. Only when this was taken off in the morning would I be brought my meal – a bowl of boiled beans dusted with sugar. It was cooked with well water, and I frequently got sick from the food. I also caught typhoid and malaria.

Like every Somali pirate gang, all my captors wanted was money. They insisted on \$20 million for my release – an insane amount. This was a gang who were used to holding ships ransom for their cargo. But dealing with a human being is different. I quickly realised that I was much more valuable to

them alive than dead. There was one guard in particular called Madobe who seemed to hate me. He kept the bicycle chain on my legs even during the day and one night he punched me in the face.

I had a tiny radio that I could get the BBC World Service on and, randomly, I heard a piece where a doctor said that a man could only go without water for three days before dying. In the heat and filth of where I was living not having bottled water wasn't really an option, but I decided to refuse the food they brought to me. It was my way of asserting some power over my kidnappers.

NOT EATING WAS DIFFICULT, BUT THE THREE TIMES I TRIED IT, IT WORKED WELL. I would go up to 24 hours and refuse everything.



A PHOTOGRAPH TAKEN BY
MICHAEL'S CAPTORS,
SENT AS A RANSOM NOTE



The guards would tell the kingpins of the gang that I wasn't eating and I would get what I wanted: either to have breakfast every day (a lot of the time the guards were too lazy to cook me anything at all) or to stop Madobe from hitting me.

In the end, Madobe was punished for abusing me. A boss in the prison house chained his wrists and whacked him on the head in my presence. My guards told me afterwards he'd spent the whole night in chains. Later, I came out of the bathroom to find him pointing his gun at my head. Luckily, he decided not to pull the trigger.

Being in captivity was tough. Pretty much every month the guards would tell me that I was about to be released as a form of mental torture. I sometimes

also heard surveillance planes overhead, some of which I found out after my release had been looking for me.

EVENTUALLY, MY FAMILY WAS ABLE TO RAISE HALF A MILLION DOLLARS FOR MY RELEASE. They had help from institutions in the US and Germany. But it was a poor business model for the pirates. It had cost them at least that amount of money just to keep me hostage for nearly 1,000 days.

When they received the money, a car came to take me to a small airstrip, and I flew from there to Nairobi in Kenya. Two days after my release, several of my kidnappers came to Galkacyo to demand their share of the ransom. A Mexican stand-off ensued and a number of the men involved in my

capture were killed.

The first thing I did when I got home was drink a beer then stock up on the Thai spice-flavoured German crisps that I'd been craving for the years I'd been away. I was also questioned by both German and American intelligence about my experience.

WHAT I WENT THROUGH IS ON MY MIND CONSTANTLY. I haven't had nightmares since I came back, but I was only released in September 2014, so it all still feels very recent.

I'm not really a thrill seeker. I don't pursue dangerous places. I'm writing a book about my experiences at the moment and although I still travel abroad, I don't think I'll be heading back to Somalia anytime soon. **FHM**

What happened next?

01 Michael was left with a serious protein deficiency from his years in captivity and found it difficult to even walk upon his return to Berlin. A combination of a good diet and gym work has slowly brought him back to full health.

02 Michael continues to work as a writer and journalist. *Sweetness And Blood*, his book on surfing, is out now.

03 Somali pirates continue to hijack ships, kidnap Western targets and demand millions of dollars of ransom money each year.

THE FINAL COUNTDOWN

10 SIGNS YOUR NEW HOUSEMATE IS A PSYCHO...



They refer to themselves in the third person

"Oh, well I guess James isn't good enough to go to Nando's with you, is he?" "I guess James will be spying on you in the shower tonight then, instead." Bit weird, that, isn't it?

09

They've got their own encrypted WiFi

OK, so people like their own things, but why does your housemate have a WiFi network called D3AtH2dAwEsT9/11? And why has he turned the bathroom into a padlocked internal server? And how long is that Flower Business Inc van going to be parked outside?

08

You've found drill holes in weird places

When you notice them in the ceiling above your bed you think, "That's odd." When you start noticing them in your undies, it might be time to move out.

07

Things have started going missing

The odd squirt of Head

& Shoulders or tub of Häagen-Dazs? Perfectly normal for a sharing household. The locks from the doors? Bits of your hair as you sleep? Not so much.

06

No one else has actually heard of them

One day in the pub, someone says, "But I thought... isn't he your mate from school?" and it occurs to you that your flatmates' anecdotes are exactly like the plot from last week's *Hollyoaks*.

05

They were far too keen to deal with your mouse problem

You suggested laying a bit of cheese or giving the landlord a call, but your housemate set a series of bloodthirsty booby traps inspired by the *Saw* films.

04

They're not wearing any shoes

Not just in the living room, but somewhere weird – like TK Maxx. It's only when you look back at old Facebook snaps that you realise he's never worn shoes. Bonus points if you notice a weird orb of light above their head.

03

You hear weird noises coming from their room

You can excuse the odd 'bump in the night' every now and again, but when your flatmate's been watching the woodland bummer scene from *Deliverance* on repeat for three hours solid, it could be time to question whether or not it really is due to his love of 'specialist art'.

02

They accuse you of being crazy

Malicious rumours involving you doing something weird in a swimming pool begin to circulate. But as you start to unmask the real psycho, someone says, "Housemate? But you never had a housemate."

01

They leave their teabag in with the milk

Bona fide psycho behaviour. New housemates can be all kinds of weird, but when they start dicking around with the Yorkshire Gold, you know they're a proper monster. Get. Out. Now.

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TOBACCO DOCK, 50 PORTERS WALK, WAPPING LONDON, E1W 2SF

Photography: Haris Nukem | Models: The Fuel Girls | Design: Creative Beast



MAN OF TODAY

GERARD BUTLER FOR BOSS BOTTLED

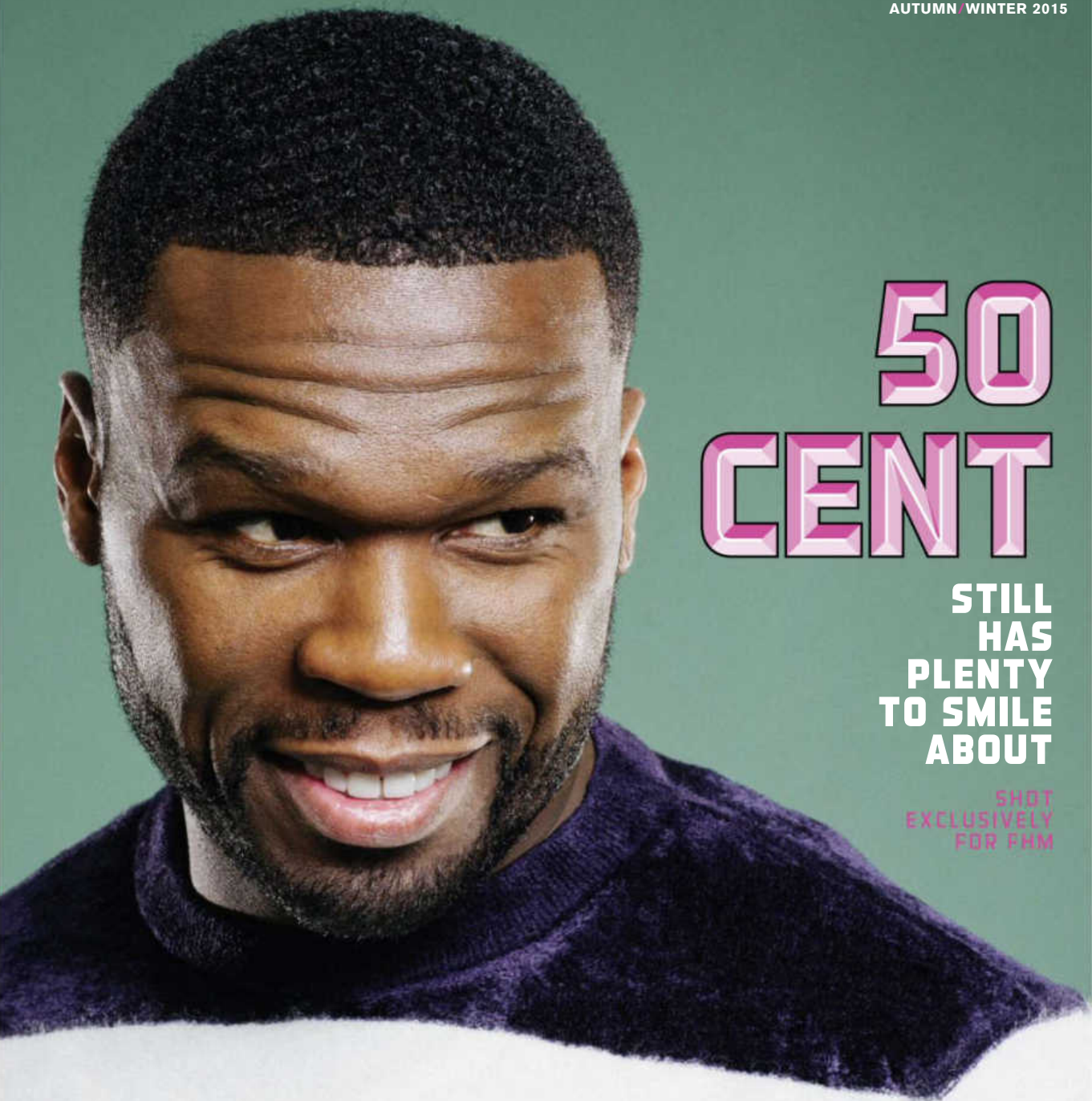


BOSS
HUGO BOSS

#MANOFTODAY

FHM COLLECTIONS

OUR LIFE AND STYLE MANUAL FOR **SMART MEN**
AUTUMN/WINTER 2015



50 CENT

**STILL
HAS
PLENTY
TO SMILE
ABOUT**

**SHOT
EXCLUSIVELY
FOR FHM**

PLUS JOHN NEWMAN | MK | KREPT AND KONAN





TOPMAN





SAND
COPENHAGEN





UNITED KINGDOM

LUKE

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The Technical Tailor

www.LUKE1977.com

WELL, THIS IS A JUICY ONE, ISN'T IT?

**WE DON'T OFTEN LIKE
TO TOOT OUR OWN HORN
BUT, GODDAMN, THIS HAS
TO BE THE MOST EXCITING
ISSUE OF COLLECTIONS YET.**

We'd like to introduce you to The Music Issue. The big story is our cover star, 50 Cent. *FHM Collections* sat down exclusively with his half-dollarness in a fancy London hotel room, dressed him like a British gent and chatted all things controversial. Read the story on page 32. We also got up close and personal with three of the biggest acts of 2015: John Newman, MK and Krept & Konan. If it looks like they're going to take over the music world, there's a good reason for that: they're already halfway there.

Stepping on to the red carpet for a moment, we're also proud to bring you the FHM Collections Awards – basically the Oscars of the menswear world (but without the tears and unfunny jokes). Best watch brand? Best hero brand? These and many more are revealed on page 42. Don't worry about not getting in: your name's on the door.

We also show you cool kids how to be even cooler for the chilly times ahead with the must-have trends, collabs and damn-hot pieces for the autumn/winter '15 season.

And to add some more musical joy into your life, we've created an FHM Collections Spotify playlist. We suggest you head straight to bit.ly/spotifycollections, right now, and fully immerse yourself in the issue. Enjoy.

Fashion editor:

Daisy Deane

Co-edited by:

Carlotta Constant

Art director:

Jamie Inglis



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COLLECTIONS NEWS

10 MUST-HAVES FOR AUTUMN/WINTER

Let us begin with the best collabs, key trends and can't-live-without pieces that'll help you tackle the impending chilly season

PHOTOGRAPHY: MARCO VITTUR

STYLING: DAISY DEANE

GROOMING: LAURA DEXTER

01

GET DOWN TO BUSINESS

Throwing on a gangster pinstripe is an offer we cannot refuse

If you're currently reading this from the bottom of the ocean with your feet encased in a concrete block, chances are you've upset a gentleman in a pinstripe suit. In which case, we'll make this quick.

The old school gangster's go-to suit has forever evoked a don't-fuggin'-mess-with-me attitude. In short, it means business. This is why we're bloody loving these informal and chilled-out pieces from Soulland, New Look and CMMN that all sport a hair-thin 'stripe. They're not screaming, "You cross me and I'll leave a horse's head in your bed", but rather "I'm watching the tennis, don't even think about bothering me": laid-back, with enough authority stitched in to keep you on top.

01. Shirt, £112, soulland.com. Trousers, £55, Farah at urbanoutfitters.com. Bag, £70, rubberkiller.co.uk. Shoes, £95, clarks.co.uk

02. Bomber, £39.99; trousers, £19.99, both newlook.com. T-shirt, £50, bbccicecream.eu. Shoes, £62.99, footlocker.co.uk

03. Coat, £840, CMMN at harveynichols.com. Shirt, £28, topman.com. Trousers, £28, asos.com. Shoes, £125, ghbass-eu.com

01



HOW TO ROCK IT

already, just in this print. Shirts, bombers and pea coats are a good start – style them up as you normally would and you'll add some street cred to your look



02



03

02

STAY ON YOUR FEET

Your ankle huggers come in felt, leather and even tweed this season

We're about to enter the time of year when even a 10-second stroll from your car to the door of your workplace can seem like an Arctic expedition, fraught with extreme winds, cheek-shredding rain and ice patches that'll have your down on your arse and rubbing your coccyx in a flash. Give yourself an upper hand against the elements with a trusty pair of winter boots.

You're spoilt for choice with our pick of hard-wearing sole survivors – invest in tweeded-up thick treds from Timberland, Palladium's leather and canvas zip-ups, or, our personal favourite, a pair of trustworthy Caterpillar workwear boots with added felt sections that, as always, could survive a nuclear winter.

HOW TO ROCK IT

Team with a plaid shirt, navy jeans and a ribbed beanie and you'll be ready for anything



01



02



03



04



05



06



RIVER ISLAND

#IMWEARINGRI   

03

REDISCOVER YOUR SURF ROOTS

Remember when the king of surf brands looked like this? Yep, and it's doing it all over again...

Thought that all surfers were dreadlocked, stoned hippies, did ya? Earlier this year, that misconception was smashed to pieces when three-time World Tour champion wave rider Mick Fanning went viral after punching a shark in the face to stop it from eating him during a competition. Dreadlocked hippies, eh? More like hulk-smashing machines.

Another misconception that legendary surf brand Quiksilver is working on crushing is that every beach bum rocks bead necklaces, tie-dye tees and smelly flip-flops. The brand has dug deep into its heritage designs to bring us a retro and slamming collection of geometric prints, line drawings and acid washes on joggers, bombers, five-panel caps and long-sleeved tees. So even if you look like a drowned rat in the surf, you can pass for a shark-beating ocean champ with this killer collection on your beach bod.

Bomber, £90; T-shirt, £22; trousers, £60; hat, £25, all quiksilver.co.uk.
Shoes, £90, saucony.co.uk





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- button up -
SINCE 1963



#buttonup

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bensherman.com

04

TURN YOUR NOISE UP

Making a racket never looked so good thanks to these gotta-get speakers

You know what comes with the longer winter nights? Way, waaay longer house parties. House parties that you wake up from and wonder why there are size-14 footprints on your bathroom ceiling, a 'Welcome To Grimsby' sign in your bed and a stranger cooking you breakfast in the kitchen. But no indoor rave ever reached legendary status without a shit-hot sound system to lubricate the path to party perfection. So here are this season's six finest miniature noisemakers that not only have the oomph to upset your neighbours eight houses down the road, but that are also pretty enough to deter even the drunkest gatecrashing reveller from pouring his hooch over them.

OUR PLAYLIST

Six songs that got spun daily while making FHM Collections:

Hypnotize

The Notorious B.I.G.

I Know There's Gonna Be (Good Times)

Jamie XX feat Young Thug

Freak Of The Week

Krept & Konan

House Every Weekend

David Zowie

Who Knows

Protoje feat Chronixx

Kiss From A Rose

Seal





WWW.FARAH.CO.UK | EARLHAM STREET, COVENT GARDEN



Bomber, £30; T-shirt, £12, both
Admiral at sainsburys.co.uk

ADMIRAL



05

KICK BACK TO THE PAST

These sporting legends are making the Beautiful Game even more beautiful

Spare a thought for the players of Scandinavian footy team SK Brann, as this season they're running out on to their pitch in what can only be described as bright red, wet-look PVC. Hopefully, they'll meet FC Porto at some point, decked out in what seems to be a doctor's poo chart,

and our eyes will cry tears of vomit.

Thank the Lord, then, that four of sport's greatest heritage brands have their heads screwed on, and reached into the vaults to pull inspiration for these classy '90s-inspired pieces. We know what we'd rather be wearing for five-a-side after work next week.



**LE COQ
SPORTIF**



Grey tee, £20; green tee,
£20, both lecoqsportif.com



T-shirt, £40; jacket, £60,
both Umbro at size.co.uk



UMBRO



Jackets, £95 each,
majesticathletic.com



**MAJESTIC
ATHLETIC**

06

LIGHT 30 CANDLES FOR NORTH FACE

The original mountain jacket celebrates hitting a birthday landmark with a turbocharged re-up

Whether you're hiking up Mount Everest, like the team of big-balled explorers who put the North Face Mountain Jacket to the test back in 1985, or just taking your pet pooch for a romp around the local woods, this is the technical coat that's always had your back.

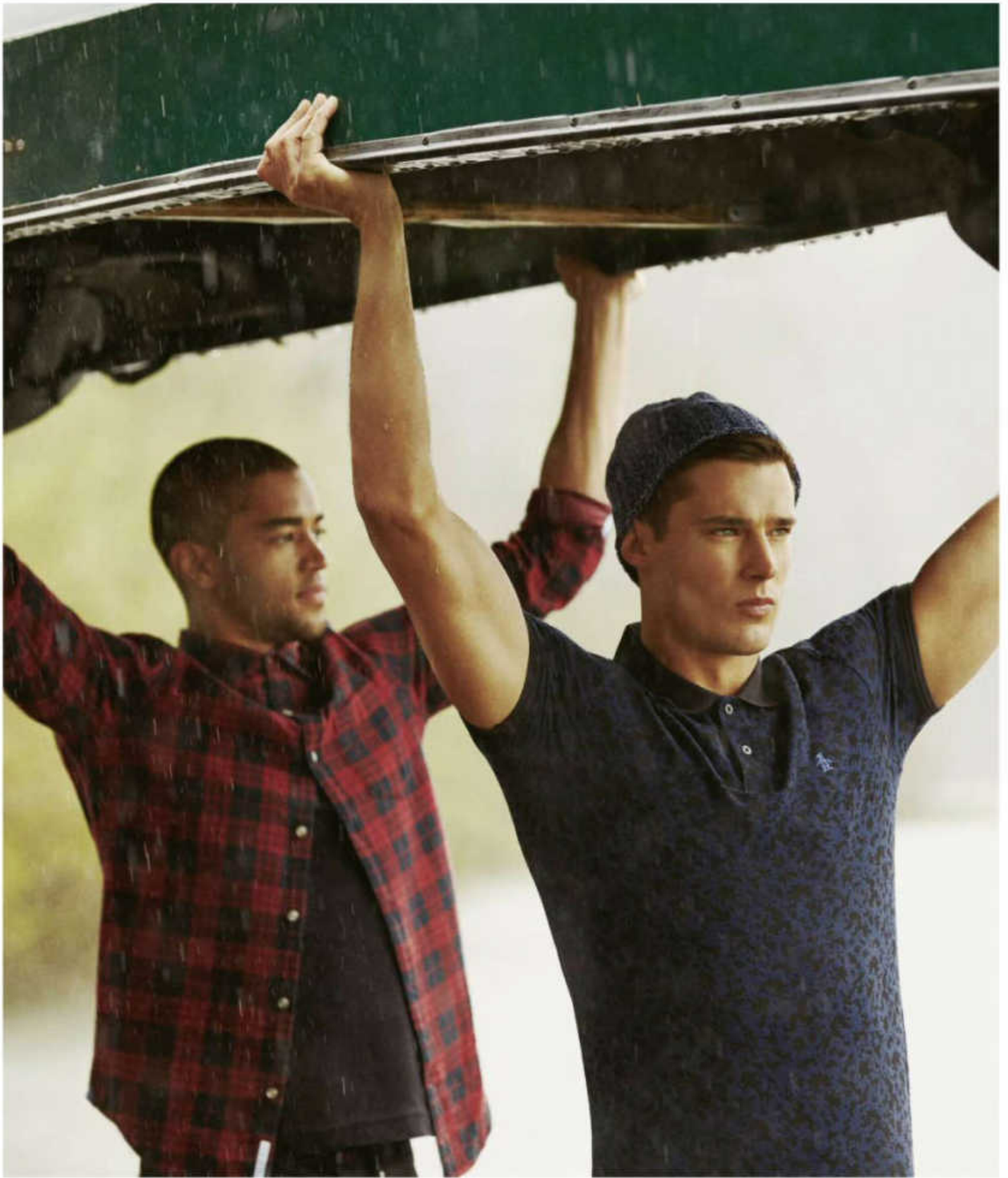
Now, 30 years since its first icy outing, the Mountain Jacket has proven itself time and time again as a true hero of the outdoors, keeping swirling winds, sub-zero temperatures and furious polar monsters at bay. If a jacket ever deserved a pat on the back for reaching *another* year in one piece, it's this one. To celebrate the landmark, North Face has added HyVent technology and shoulder overlays, and made it so blooming lightweight you could pick it up with one finger.

Jacket, £200, thenorthface.eu. Trousers, £100, edwin-europe.com. Scarf, £105, lochcarron.co.uk. Shoes, £75, hushpuppies.com

HOW TO ROCK IT

*Not out on an adventure?
Dress it up with a white
Oxford button-down shirt,
beige chinos and smart
white leather trainers*





60
YEARS
OF ORIGINAL PENGUIN

#BEANORIGINAL | ORIGINALPENGUIN.CO.UK

07

DEVELOP A SOFT TOUCH

Your top half won't just look great, it'll also feel awesome with these three winter materials

SUEDE

Elvis sung about his blue suede shoes, Michael Caine rocked a suede jacket in *The Italian Job* and your staple desert boots are made of the stuff, too. So, given that you're no stranger to this super-smart texture, there are zero reasons to shy away from rocking it up top with these smart-casual jackets. We love the cowboy vibe that comes with throwing one on, making any man feel like a cigar-chewin', yehawin' Butch Cassidy.

01. £89.99, newlook.com

02. £90, topman.com

03. £540, Paul & Shark at harrods.com



TEDDY FUR

We know what you're thinking and, no, you're not going to look like a headless Premier League mascot when you throw on this super-snug material. How do we know? 'Cos when big-dog fashion houses Fendi and Dolce & Gabbana sent their models down the catwalk in teddy-fur jackets, they sure as heck didn't. Now the look has filtered to the high street, it's time you get in on it, too.

01. £59.99, hm.com
02. £329.95, scotch-soda.com
03. £1200, whistles.com



02



01



02

MOHAIR

Did we ever mention how much we love goats? We're *sure* we have. They eat everything, jump over things and can make Taylor Swift sound loads better if that viral video was anything to go by. And now, thanks to the fluff trimmed from the Angora goat's back that goes into these furry sweats, they can make you look like a chilled-out explorer, too. God bless you, goat.

01. £130, diesel.com
02. £39.99, hm.com
03. £19.99, newlook.com



03

08

FOLLOW THE SCENT

*It's time to let your summer
smell go into hibernation*

It's an easy mistake to make – letting one fragrance cling to your neck all year round. But do you *really* want to smell of summery citrus and aquatic aromas as you throw on an inch-thick woolly jumper and head out into a blizzard? Or would a heavy, woody and spicy spritz feel more in keeping with your log fires and drawn curtains? You get the idea. Splash out on one of these top picks instead, and your fave summer scent will be waiting for you when the sun comes out again.



01. £43, hugoboss.com 02. £150, acquadiparma.com 03. £39, Carolina Herrera at johnlewis.com 04. £42, Comme Des Garçons at selfridges.com 05. £39, moltonbrown.co.uk 06. £65, Viktor & Rolf at johnlewis.com 07. £63, michaelkors.com 08. £64.50, Valentino Uomo at harrods.com 09. £42, Dolce & Gabbana at debenhams.com



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www.uk.lee.com

09

BRING BACK A CHART HELLRAISER

It's time to sync the more dangerous end of your iTunes with your wardrobe

What happened to the male popstar? A quick flick through the Instagrams of rich, famous and modern-day chart-botherers makes for an upsettingly boring five minutes. Go on, have a look at Justin Timberlake's picture of him wearing an apron while leaning on a food mixer; Harry Styles documenting a terrible game of Scrabble and the 10 pics that Usher posted of his visit to some sort of rock and mineral gallery. Boring. As. Hell. Thankfully, the pop resurrection that's happening in your wardrobe is anything but.

This winter, we're taking winter-beating style influence from the last great pop hellraisers – your Liam Gallaghers, Ian Browns and Pete Dohertys who all lived fast, partied hard and dressed sharp during their heydays. Grab a parka, checked trousers, a polo shirt and some heavy chunky shoes to stay on top of the trend, and try not to adopt a Liam swagger as you walk away from that puddle you just kicked the life out of.

Jacket, £350, diesel.com. Jumper, £26, riverisland.com. Polo neck, £25, topman.com. Trousers, £215, ralphlauren.co.uk. Shoes, £120, drmartens.com

HOW TO ROCK IT

If going full-blown Gallagher is a step too far, introduce the look slowly by throwing a parka over your work outfit





NATIVE YOUTH

native-youth.com

10

DIG OUT YOUR PUFFER

Your trusty 20-year-old jacket is ready for another outing

Before we try and big up the puffer, promise us you'll erase all images of pop silly-men East 17 frolicking around in their bright white versions in *that* music video. Gone? 100 per cent? Good. Replace it with this: 1930s outerwear pioneer Eddie Bauer (of the brand that sports his name), caught out by the frosty elements on a fishing trip, facing hypothermia and knowing full well that his trusty woollen jacket, now frozen stiff, would be the death of him. It was this near-fatal experience that would trigger him to make the jacket we're bigging up here: super-light, water resistant, insulating. And what a fine job he did.

Now, 75 years on, heritage brands like Barbour and up-and-coming labels such as Kommon Universe all want a slice of the puffer pie. With a trillion different styles, colours and prints available this season, you're bound to find your perfect piece.

01. £239, cpccompany.co.uk 02. £300, aigle.com 03. £275, kommonuniverse.com
04. £272, blauer.com 05. £895, stoneisland.co.uk 06. £279, barbour.com
07. £94.99, superdry.com 08. £200, penfield.com



HOW TO ROCK IT

Add slim jeans and Reebok Classics for a relaxed daytime look or grey chinos and brogues for an office-appropriate outfit





AW15
EDIT

#AW15edit



Jacket
£39.99

NEW LOOK
MEN



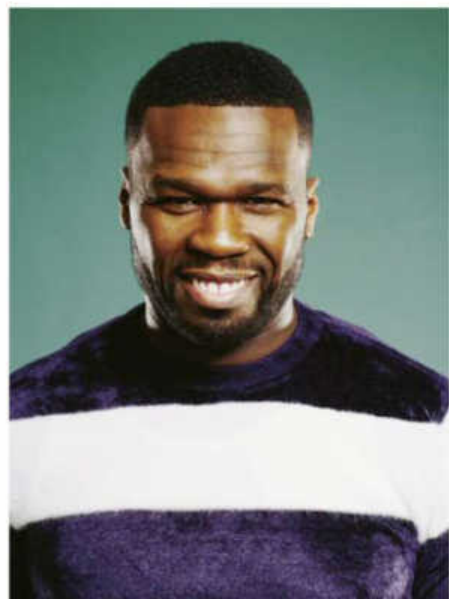
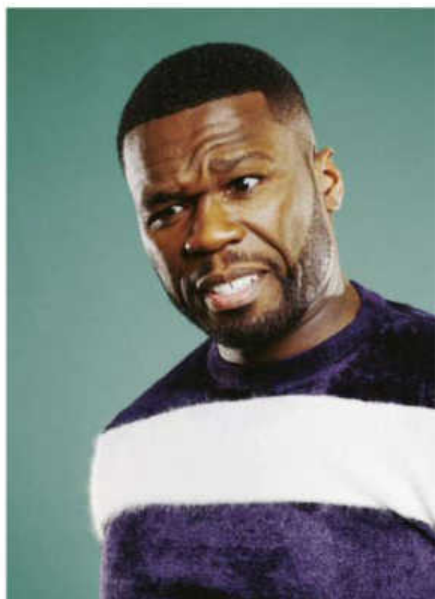
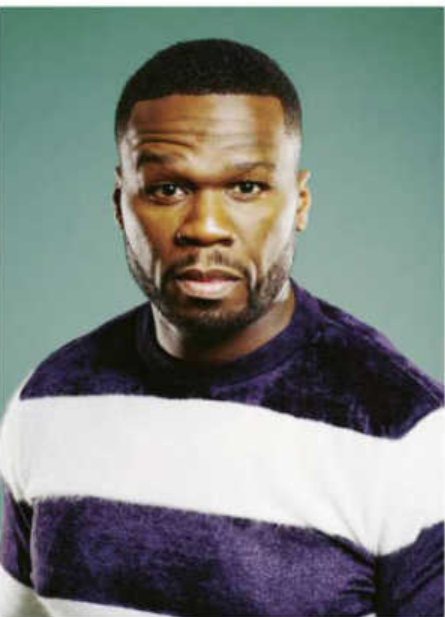
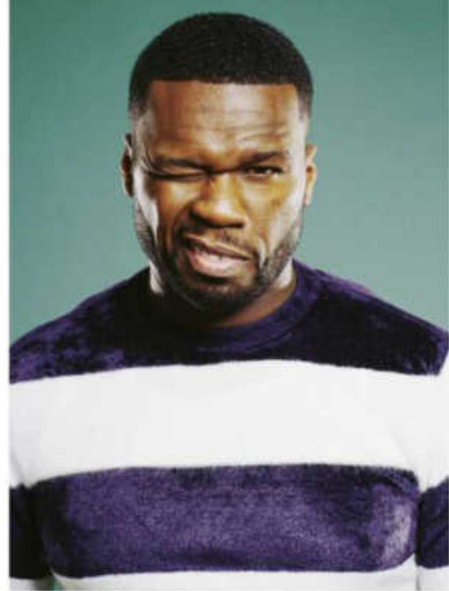
@NewLook_Men

LAUGH IT UP

DOES 50 CENT LOOK LIKE
A MAN THAT'S JUST LOST
A HUGE COURT CASE,
FILED FOR BANKRUPTCY
AND SUFFERED THE PERIL
OF TWITTER'S UGLIEST
TROLLS? WE GET THE
INSIDE SCOOP ON THE
BIGGEST HIP-HOP DRAMA
OF 2015 WITH RAP'S MVP

WORDS:
ANDREW LOWRY
STYLING:
DAISY DEANE
PHOTOGRAPHY:
DAN MEDHURST





50

Cent has had a rough week. He's lost an expensive lawsuit, *very* publicly declared himself bankrupt, and had to put up with wisecracking Twitter warriors telling him he's no longer worth as much as his own name suggests. After that kind of week, you'd forgive him for clearing his diary of *FHM Collections* shoots and London arena shows in favour of pulling the curtains, ordering a pizza and wallowing in Netflix.

But on stage at The O2 a few hours after this very shoot and backed by his hip-hop collective G-Unit, does it look like it bothers him? Hell, no.

Beaming ear to ear, he looks relaxed. In control. Surprisingly, well, cheerful. At one point he pulls a kid who can't be older than 12 on to the stage and plonks him on a speaker. The boy looks like he's going to explode with joy as he sits there for the rest of the show – and 50 looks like he could too, dropping hit after hit in a set that couldn't have been more crowd-pleasing if he'd personally given everybody a lift home.

A few days later, 50 – real name Curtis Jackson – is back in New York and sounds like he's operating a juicer when *FHM Collections* sits down to talk to him. What better time, just as he's tearing the life out of a banana, to deal with the elephant in da club – 50's recent financial and legal troubles. You'll forgive us a little trepidation in bringing this up, given he once rapped, "Frontin' on me'll shorten your lifespan/Hold the mic with my left, my knife in my right hand."

First, a little background. In July, 50 filed for Chapter 11 bankruptcy after he lost a lawsuit from Lavonia Leviston, former girlfriend of rap heavyweight Rick Ross, who was in a sex tape that 50 leaked, complete with his own commentary. The courts found that this pretty ungallant act warranted around \$5 million in damages, but he pled poverty pretty sharpish, telling a New York jury that the bling in his videos was – shock – borrowed.

He now calls the bankruptcy a "strategic business move" – when your house has 25 bathrooms, you don't go broke the way the rest of us do. He can't go into too much detail for legal reasons, but he's still coming out swinging – though, luckily, not at us.

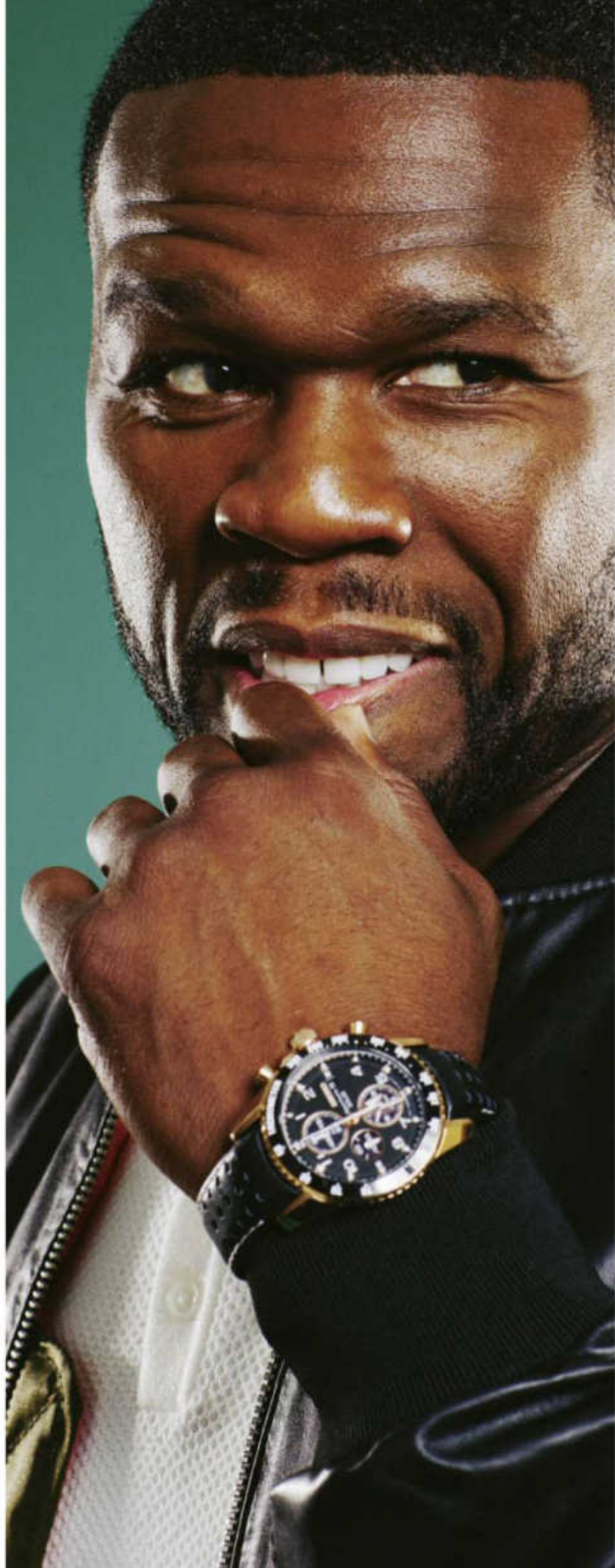
"Let me explain something to you," he says. "Where I'm at, I have everything that makes me comfortable. Anyone who is financially in a decent space will tell you what filing for bankruptcy protection is versus being broke."

Even if the bankruptcy is lawyer voodoo rather than anything likely to land him on skid row, isn't it annoying to have fed the trolls in a way that couldn't have been more public if he'd projected 'Fiddy's skint' on the moon?

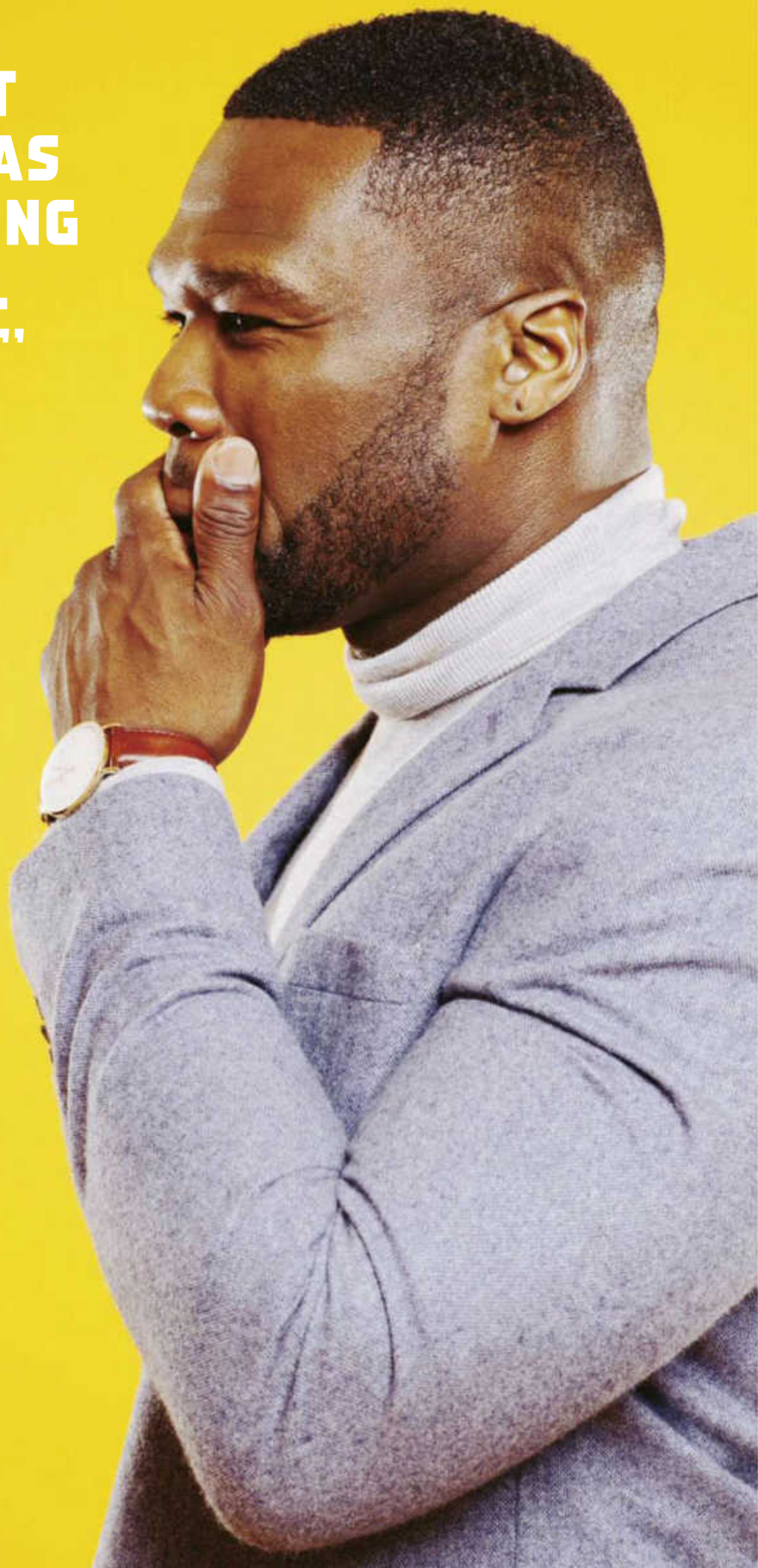
"They're fools," he says. "A lot of them don't know anything – they just want a moment of gratification. That energy has been there the entire time as I've made my way to where I'm at. If they think you're hurting, they're excited – their day is made because they're so unhappy with themselves and their own lives. You know what? They can stand over there in the Fuck You section."

HUSTLING FROM DAY ONE

Shots fired – and it's doubtful anyone who played to thousands of whooping British fans just 36 hours ago is in danger of shopping in Aldi any time soon. Getting bolder, we ask him if he regrets leaking the tape – part of a feud with Ross that kicked off back in 2009 and apparently began when 50 looked at him the wrong way



**"WHEN I GOT
SHOT, IT WAS
ME NOT BEING
IN CONTROL
OF MY LIFE"**



Jacket, £110; roll neck, £25, both topman.com.
Watch, £178, Daniel Wellington at watchshop.com

Opposite:
Jacket, £630, mcq.com. Top, £70, reiss.com.
Watch, £399.99, Seiko at watchshop.com

**"YOU CAN HAVE ONE IDEA THAT
WORKS AND BOOM, IT MAKES
YOU A BILLION DOLLARS"**



Trousers, £50, topman.com.
Belt, £26, urbanoutfitters.com.
Roll neck and watch, as before



at an awards show. Again, he's pretty wary of getting into details, but he doesn't sound thrilled at the controversy – and neither is he playing any lily-livered groveling game.

"Look," he says, "Hip-hop culture is competitive. That's what any battle is about: artists positioning themselves to be valuable to the public. The environment I come from, we wouldn't talk about it first. We'd just do stuff to them – you don't put it on a record. Just do it first. No one would be aware that way. It was about the competitive nature of it, and wanting to be the best."

It's this competitive drive that has taken 50 from his rough roots to even being in the position to be sued for millions of dollars – you don't end up buying Mike Tyson's house if you like to knock off at five. He's got the ultimate hip-hop origin story: after a childhood marked by an absent father, the murder of his mother when he was eight and a spell inside for selling crack, he first got on the radar back in the late '90s. Still unknown, he flooded his native Queens with mixtapes by getting the guys who sold knocked-off tapes of major rappers to sell his stuff as well. "I had to trick the bootleggers into thinking that I had something worth selling – all the major music labels would get bootlegged and sold on the street," he says. "The same guys became my marketing and promotion people. I'd drop every song I had. I was hustling from day one."

He was also picking beefs from day one – Rick Ross was far from the first to receive a tongue-bashing. "I don't avoid confrontation," he says. "I would prefer not to have problems, but we do what we do."

No shit – one of these beefs led to 50 being shot nine times back in 2000. Though that would be more than enough to stop a rhino, he was on his feet again in weeks and fighting fit in months. Taking a bullet to the cheek led to his distinctive lisping rapping style (he speaks the same way, and ear-strainingly quietly, too), but the incident left 50 with more than just a few scars.

"When I got shot, it was me not being in control of my life," he says, suddenly more thoughtful. "How is it possible to be alive, when I'm the intended target? When they're specifically coming to kill me? So often you see someone get caught in the crossfire, an innocent bystander, and they're gone – but I got shot and survived. It gave me a sense of purpose and I had to figure out what the hell I wanted. If nothing more, I was raised from a rough start – and it made me want to have a lot more control in my life than I'd had before."

CONFIRMATION OF SUCCESS

Energised by this brush with death, 50 would go on to hook up with Eminem and Dr Dre, before finding mega stardom, acting and, taking a leaf out of Jay Z's playbook, business interests in everything from vitamin water to condoms. There was nothing he wouldn't stick the 50 Cent brand on – next time you have a rainy day, check out his hilarious video game, or the self-help book he co-wrote that could equally well counsel nannies, neurologists and Napoleon Bonaparte. His teenage hustling stood him in good stead for business, and he pretty quickly was making more money outside music than from his albums – which still sold like hotcakes, if hotcakes came with a gunshot sound-effect button.

"Everybody has to start somewhere," he says of his background. "Some of us are miles behind, but you got to run the hardest and work harder so you can get with the pack and get in the race. I remember going into Eminem's office and seeing his Marshall Mathers record on the wall



**"I HAVE EVERYTHING
THAT MAKES
ME COMFORTABLE"**

Jumper, £270, APC at selfridges.com.
Trousers, £149, hugoboss.com.
Watch, £279, citizenwatch.com.
Trainers, £67, Adidas at jtsports.co.uk

with all these little flags where it'd sold a million copies. I just looked at that and said, 'Yeah, I want that right there.' I went everywhere; there's no door I didn't open. I told my management not to ask me if I wanted to play somewhere. Just to put it on the schedule. Any issue they had, any problem, I didn't care – it was going on the schedule."

It's one thing to be young, poor and angry – but success seemed only to deepen 50's appetite for friction with other rappers. His feuds have their own Wikipedia page, which is more than you can say for Flo Rida. But isn't getting rich – regardless of his accountants' recent moths-in-pockets act – supposed to mellow you out?

"I think a lot of people can appreciate that I came from the bottom," he says. "It's like what I said about not being afraid of confrontation. If you've been constantly subjected to those kind of altercations when you were growing up, what would make you fearful of them at this point? I already have confirmation of my success, the things around me indicate that I made it. I'm fine with where I'm at – not everyone is going to achieve that in their lifetime."

SOMETHING SPECIAL

Talking to 50 is interesting – in black and white, a lot of what he says reads as the standard hip-hop billy big bollocks bragging act, but chatting with him is, well, fun. He's cheekier than you'd imagine, jokingly telling the *FHM Collections* shoot team, "Y'all sound funny," and pronouncing his Topman get-up "dope". He tells us how he loves coming to London as it was the first place overseas that his record label flew him, confirming to him he was making it. He's pretty taken with some of the UK hip hop we play him – he particularly likes *Don't @ Me*, although what he makes of Hackney-born MC JME's references to Nando's and Dappy is anybody's guess.

In truth, it's tricky to square the cheery guy in the photoshoot, the laid-back guy over the phone and the playing-to-the-rafters entertainer of The O2 with the bloke scowling out from his album covers like you just nicked his bottle of Cristal – or the guy who put a stranger's sex tape online. Unexpectedly, he's the muscle-bound bullet-scarred gangsta rapper you'd bring home to meet your nan. Would he ever move his music on from the world of ballers and bullets he built his rhymes on?

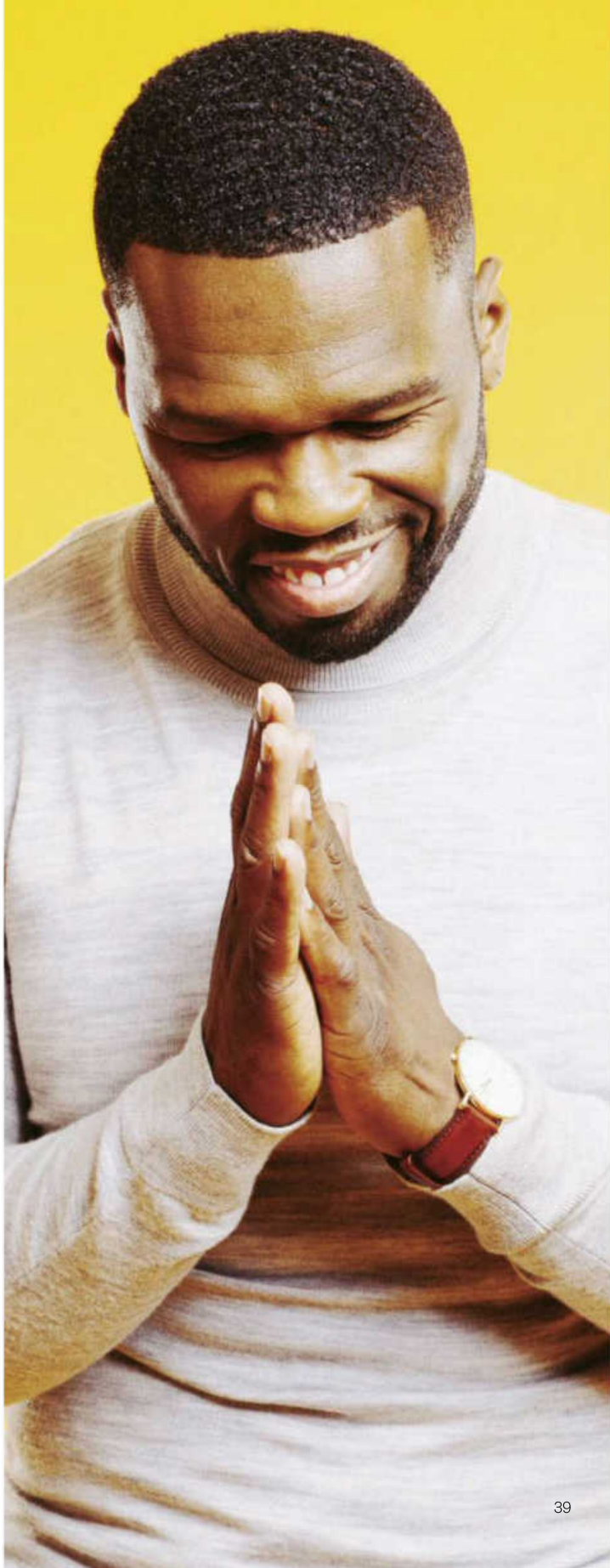
"People want artists who consistently deliver," he says. "Even in sports, you want to see the team that keeps winning, right?" He does know, however, that guys like Kanye and Drake – let alone the explosion in female rappers – have changed the game. "These guys do something I don't do – you hear something special and think, 'Man, that guy's really good at that.'"

Then he remembers his game.

"They may not be able to beat me at what I do, but a particular moment can be phenomenal."

As the last of the gangsta generation to make it really big before nine-minute ballet videos and rapping about sexual anxiety came about, 50 knows his brand, and is more than happy to give the people what they want. He's taken his fair share of knocks over the years, but the fact that he's still going strong, be it on stage in Southeast London or in New York courtrooms, is still damn impressive. But would he ever hang up his microphone for good? Just go and swim in his money, however much there is of it left, Scrooge McDuck-style?

"You can have one idea that works and boom, it makes you a billion dollars," he says. "But then what are you going to do with yourself? Just stop? I'd bite my head off."



A person wearing a blue Sperry boat shoe is captured mid-jump, leaping over a rugged, rocky coastline. The scene is set against a bright, clear sky, with the ocean visible in the background. The foreground is filled with large, dark, textured rocks. The overall mood is adventurous and carefree.

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in the original boat shoe. Invented by a seafaring
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AWARDS

2015

THE RED CARPET'S HOOVERED, THE TUXS
ARE IRONED AND CHAMPAGNE IS ON ICE FOR
THE SLICKEST STYLE EVENT OF THE YEAR

WORDS: DAISY DEANE PHOTOGRAPHY: CONOR SHEEHAN

BEST FOOTWEAR BRAND:

LACOSTE

When the founder of the brand is a world-class tennis player (René Lacoste, AKA Le Crocodile), you know your classy feet huggers don't just look slick, but will also actually do the job on the courts. And, on the off chance you're not a pro player, they'll more than survive the changeable terrain of everyday life, too. You'd be a fool not to make space for the crocodile logo in your footwear line-up. £95, Lacoste at schuh.co.uk



BEST NEWCOMER BRAND:

ROUX

Just over a year old, this little gem is doing A-OK. Its sweats and tees are so strong that friend-of-FHM Example is all over them, and the new autumn/winter season brings in a range of garms that fully make our balls tingle. We're talking rib-knit beanies in bright orange, stiff cotton shirts with semi-circle hems and khaki parkas. Tasty. This label is certainly one to watch – predict rap king Kanye to don a piece anytime now. £90, weareroux.com





BEST STREETWEAR BRAND:

LES BENJAMINS

When a label's collaborated with Adidas, Vogue, Glastonbury and Converse, you know it's doing something very right. And when it comes straight out of Paris, chic designs are a given. With Les Benjamins churning out a collection each season that pushes the boundaries – putting a fresh take on well-known logos – it should be no surprise that this fresh French brand is burning a hole in our wallets. £88, lesbenjamins.com

BEN SHERMAN

BEST HERO BRAND:

The brand you visit for the best Oxford button-down shirts on the high street. The brand you go to for an off-the-hanger suit so good, you feel like you've been to a personal tailor. The brand you tap up for on-trend-yet-timeless pieces that will last a lifetime, and the *only* brand you consider hitting for that classic Harrington jacket. As the label at the heart of the 1960s mod movement, Benny's ability to adapt to modern trends while keeping its original ethos at heart is the reason we're still wearing it a full 50 years after its first button-downs appeared.
£55, bensherman.com



BEST HIGH-STREET BRAND: FRENCH CONNECTION

Get rid of any misconceptions you had about this high-street staple: it's not all FCUK tees and hoodies any more. Collaborations with heavyweight boxing champ Anthony Joshua and a mainline collection full of heavy knits, puffer jackets and technical backpacks mean we can't sing its praises highly enough. This bad-boy store should be top of your payday shopping list. £89, frenchconnection.com





BEST WATCH BRAND: CITIZEN

Citizen powers its watches on Eco-Drive, a genius tool that turns light into power and means you'll never have to spend your wages on new batteries when the juice runs out in a few years. But there's more. Citizen was the first brand to put voice recognition in a watch, the first to make a professional dive watch with an electronic depth sensor and is the maker of the world's slimmest LCD timepiece. Need we say more?
£249, citizenwatch.com



BEST COMEBACK BRAND: ELLESE

Ellesse has gone from fondly remembered old-school sports classic to up-to-the-minute streetwear staple. And with a host of other '90s powerhouse labels vying for your cold hard cash, we've no doubt that Ellesse will continue to bring out archive pieces with a 2015 spin that will sell out quicker than you can say, "Mum, my Tamagotchi died." £55, ellesse.com

BEST ACCESSORY BRAND:

PENFIELD

With its 40th anniversary around the corner, we're giving Penfield a standing ovation for never, ever compromising on its founding principles. Starting off creating outerwear for Americans in the snowy season, the Massachusetts brand later expanded into great and trusty accessories (check out its Kitchener backpack), proving that style and ruggedness absolutely goes hand-in-hand. £35, penfield.com

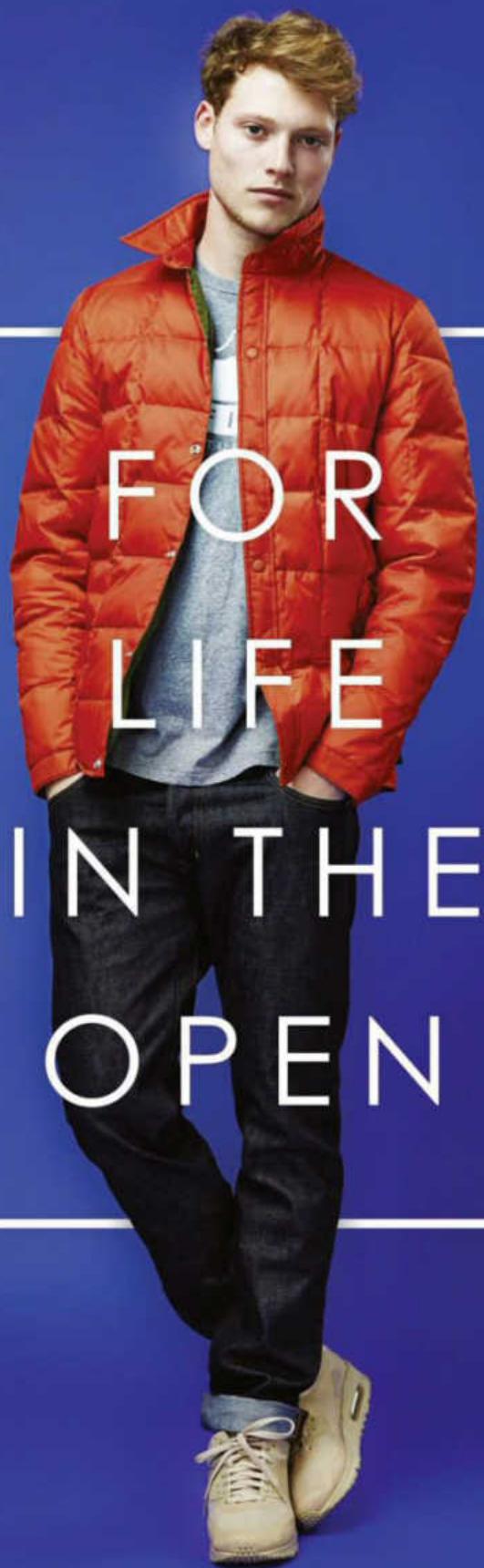


BEST SPORTSWEAR BRAND:

FOOTASYLUM

Looking for your favourite Nike Air Max in a super-sick colourway? Footasylum has got you covered. After a training top that'll get you noticed by that lady gym fitty? Footasylum has stacks. Need some training gear that doesn't look like your school PE kit? Asda. No, wait, Footasylum, obvs. The high-street outlet stocks the coolest, newest brands, making it easy for even your nan to step out looking dope as hell. Just take these Adidas trainers that look grey but shine iridescent when light lands on them – a firm indication that FA is totally killing it. £89.99, Adidas at footasylum.com

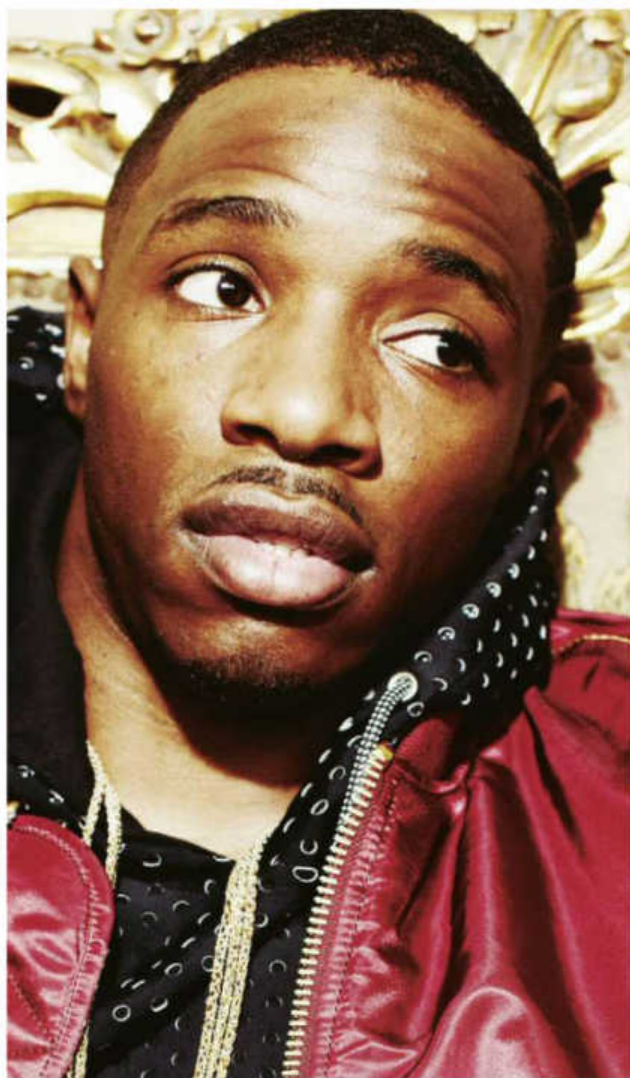




FOR
LIFE
IN THE
OPEN



PENFIELD.COM



THE PARTY GETTING ST

Nobody ever said forging a legacy in music would be easy. These guys may have all tasted success in the past, but with the career-defining challenges they're tackling right now, the fun is *really* about to begin...



'S JUST ARTED

WORDS:
SAM ROWE
PHOTOGRAPHY:
DAN WILTON
GROOMING:
LAURA DEXTER
STYLING:

DAISY DEANE AND
CARLOTTA CONSTANT
STYLING ASSISTANT:
KAYLEIGH HARRISON

THE RAP NEWCOMERS

AND THEIR NEXT MOVE

KREPT AND KONAN

During our photoshoot with South London rappers Casyo 'Krept' Johnson and Karl 'Konan' Wilson, their top 10 hit *Freak Of The Week* came on the radio not once, but twice, and then what seemed like every 10 minutes for weeks after that. And during our sun-kissed trip to Wireless Festival earlier this year, we couldn't move

for T-shirts repping the duo's recent album *The Long Way Home*, which, the very next weekend, went on to become the highest charting UK rap album in history. To call this summer absolutely freaking massive for these two 25-year-olds doesn't seem to even get close.

But don't think this has been some sort

of *X Factor* overnight success story. Since releasing their first mixtape five years ago, the duo has steadily built an underground empire for their tunes and streetwear alike (Play Dirty, their clothing line, ticked off a staple rap business move early on). So where next for the UK's most hyped hip-hop artists? Across the Atlantic, of course...



The Long Way Home recently made UK history, and you're tipped to crack America. Not bad for two lads from Croydon, is it?

KONAN: It's good, man. To think we've got this far is a blessing, so we're gonna keep pushing. Hopefully we have a shot at America, as we've signed to Def Jam. We're gonna go there, get our feet wet and take this shot.

The list of successful Brit rappers in America is very, very short. How much of a risk is going Stateside?

KONAN: I don't think anyone's succeeded, really. I feel like it's a risk for us to take, but as long as the UK's behind us I think we're cool, man. If we fall off there we can land on our big England cushion. There are maybe 100,000 rappers here, but their population's way bigger, so there are probably millions of rappers coming up. It's gonna be scary, it's gonna be hard, but because we're not from there it should seem different and new, so hopefully we'll get the advantage.

Do you look at other artists' careers for inspiration?

KREPT: I don't wanna be anyone. I want to have attributes that some legends have. I'd love to have the portfolio of Jay Z or P Diddy, music success like Kanye West or Drake, and the respect level of Beyoncé. But I feel like we want to take bits of everyone and just become the ultimate version, you know?

Speaking of Kanye, you performed with him at the Brits. How the hell did that happen?

KREPT: We'd never been to the Brits, so the first time we experienced it was on stage with Kanye West. Sick. Skepta hit us up and was like, "Yo, can you meet me at The O2 in the next hour?" He's not the kind of guy who would randomly message you, so we knew it was for a reason. Then we went backstage and saw Kanye and he said, "Thank you so much, I appreciate this." It was a good vibe.

The calibre of featured artist on the record is insane. Our personal favourite is 'Konan's mum'.

KONAN: [Laughs] We were making the album and my mum sent me something, saying, "I've got this video of when you were three, singing with me." I was like, "This is sick", as we had a song that was about paying the bills and going through struggles, so it was perfect. Funnily enough, she just told me she's found another one. So you never know, album two...



"WE WANT THE PORTFOLIO OF JAY Z, SUCCESS OF KANYE AND RESPECT LEVEL OF BEYONCÉ"

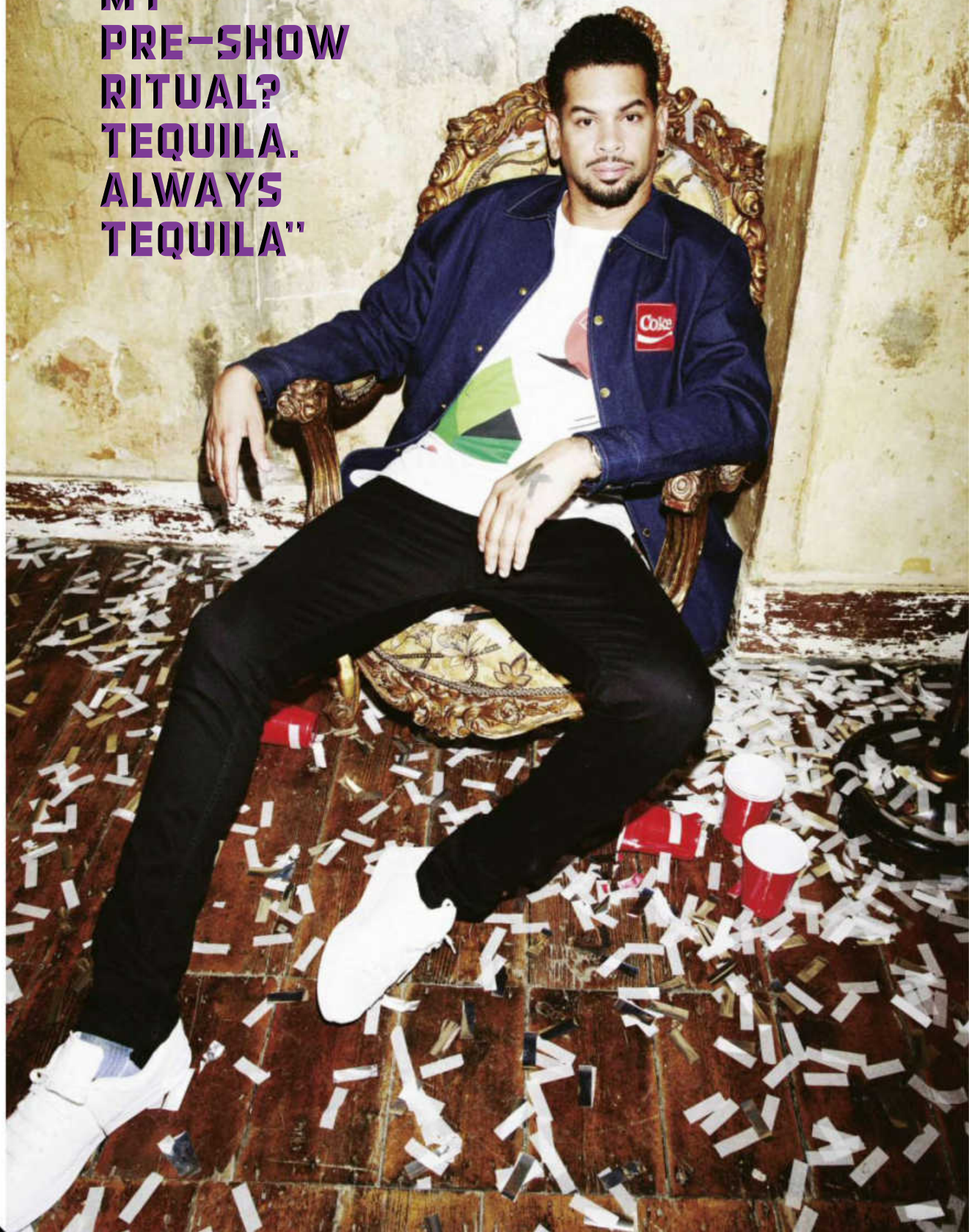
LEFT (Konan): Coat, £1,800, kateleary.co.uk. T-shirt, £185, Rick Owens at endclothing.com. Trousers, £114.95, scotch-soda.com. Trainers, £575, Giuseppe Zanotti at endclothing.com

LEFT (Krept): Coat, £265, alphaindustries.com. T-shirt, £45, weareroux.com. Jeans, £30, topman.com. Sunglasses, £169, Retro Super Future at farfetch.com. Trainers, £630, giuseppezanottidesign.com

ABOVE (Konan): Bomber, £125, alphaindustries.com. Hoodie, £110, luter at autographmenswear.com. Trousers, £114.95, scotch-soda.com. Trainers, as before

ABOVE (Krept): Jacket, £59.99, hm.com. T-shirt, £30, marbek.co. Jeans, £75, bethmals.com. Sunglasses, as before

"MY
PRE-SHOW
RITUAL?
TEQUILA.
ALWAYS
TEQUILA"



THE PRODUCER LEGEND

STEPPING OUT OF THE SHADOWS

MK

Should you be in any doubt that you're looking at the producer who defined '90s house music and has since helped out the likes of Rihanna, Jay Z and Snoop Dogg with their pop smashes, just look at his left hand. There, in a tattooist's ink like a nightclub stamp, are the two letters, MK, that have carved Marc Kinchen an international reputation as a legend in his own right.

After putting his own music on hold in 1996 to make the work of other artists sound infinitely better, the in-demand producer has stepped out of the studio and up to the decks as a house DJ – with zero experience.

With an album dropping later this year and more festival bookings than he can remember, the 43-year-old renaissance man, fresh from an enormous residency at Pacha in Ibiza, is making up for lost time...

Rudimental, Celine Dion, Pitbull, Lana Del Rey and Will Smith are all listed on your CV. You have a really diverse repertoire...

The early mixes, in the '90s, were mainly my management just trying to get me work. Then, in the early 2000s, I was doing a lot of pop music and that is totally political.

I was used to making a remix in my bedroom, turning it in, and having people love it. Suddenly you're dealing with the manager, artist, friends of the artist – even the A&R's kids. You're trying to please all these types of people on one song, and it's impossible.

When you decided to move over to DJing, did you look to anyone for inspiration?

Subconsciously, I think everyone does that. You see someone and it makes you think, "Let me get off the couch and do something." When I was doing a lot of pop and R'n'B stuff I'd think Pharrell's work ethic was crazy. My friend would say, "Come on MK, Pharrell's in the studio day and night." I'd be like, "Yeah, but that's because he's making a zillion dollars a track."

How daunting was the change from mixing desk to decks?

That was scary, because I'd never DJed before. In the '90s, I used to be in the studio producing, and sometimes I'd grab a vinyl and teach myself how to mix. But within 10 minutes I would get

ideas, then go back downstairs to make a record. Playing music just couldn't hold my interest enough. When I hear music my brain automatically goes into work mode.

How's life now, as a superstar DJ?

It's pretty frickin' hectic. I've been in Ibiza almost every week. I go there, play and leave. One of my frequent flyer cards has 700,000 miles, and that's just BA. With American Airlines I have eight free tickets, but I haven't yet worked out how to use them.

Where's the best place to do a set?

My favourite city to play is Manchester. The crowd isn't too critical – they just get so excited and want to have fun. That's what I like to do, so it works out perfectly.

Are any locations a drag?

About 99 per cent of places I play are really cool. The only weird place I've played, and it could just be how they party there, is Frankfurt. They were all keeping themselves to themselves on the dancefloor, or having a conversation. It was... interesting.

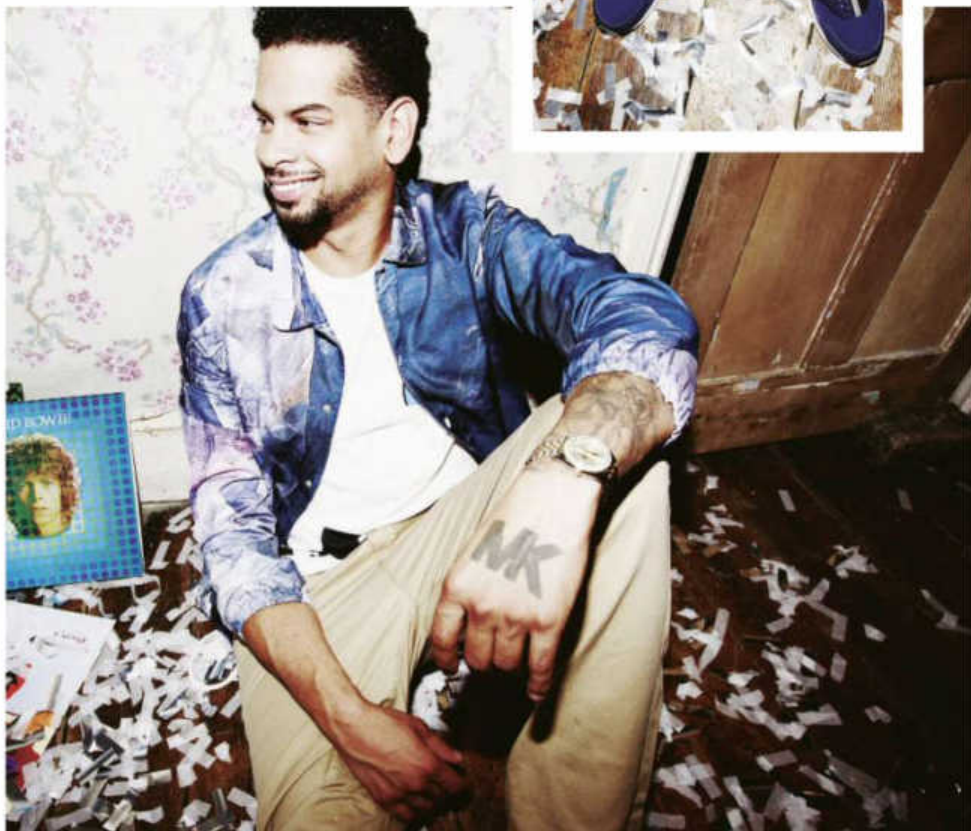
What's your pre-show ritual?

If I'm tired, my manager and I will do a shot of tequila. Espresso doesn't work: always tequila.

MK's Bring Me To Life feat Milly Pye is out now

LEFT: Jacket, £250, joyrichstore.com.
T-shirt, £38, lazyoaf.com. Jeans, £75,
luke1977.com. Trainers, £67, Adidas at
schuh.co.uk

BELOW: Jacket, £120, commonuniverse.com.
T-shirt, £37.50, stussy.co.uk.
Chinos, £25, topman.com. Trainers,
£95, Nike at jdsports.co.uk. Vinyls,
£24 each, urbanoutfitters.com



THE POP SENSATION

AND THE DIFFICULT SECOND ALBUM

JOHN NEWMAN

Singer John Newman is no stranger to beating the odds. His dad walked out when he was just six – leaving him, his older brother and their single mum to live on a pound a day – while in 2012 he battled to recover from a brain tumour. In just two years he went from a struggling musician to one of the most talked about pop stars on the planet. So the small matter of following up his platinum-selling, chart-topping 2013 debut album *Tribute* with this year's *Revolve* should cause no stress, right? Not exactly.

The 25-year-old refuses to believe in the hype, despite his six million worldwide sales and hitting number one. Though being the toast of Kazakhstan *does* spin him out a little...

How's the new record coming along?

It's fine, it's done. To get better at something, you've got to work out what you've done wrong before and learn from your mistakes. So after the first album, I thought I can do this so much better – I can tighten up my grooves, tighten up my bass lines, get better musicians, market it better, make everything slicker.

Your debut album, *Tribute*, went

platinum. How much pressure did that put on writing a follow up?

I'm scared shitless. I don't hate the idea of failure, I'm just very competitive. I'm a massive perfectionist and I fucking love my job. I really don't want to lose being able to make music, or be creative. I just want to be bigger and better, so I can make more records.

You worked on the album in LA. Would you ever move over there?

I think I'd live there, for a healthy lifestyle, but I do see the depression in it. It's a place that is... a dog-shit pie. It's beautiful on the outside – golden, baked at the perfect temperature, smells great – and then you take a chunk out of it and it's got dog shit in. For the first two weeks I was there I went mental, experiencing the nightlife. All these people are dropping 50 names in every sentence. Then you think, "Where are all these people you've been talking about?" and you realise the successful people are hidden away working hard, while there's a flock of sheep preaching about them.

Given you were on the dole just a few years ago, do you pinch yourself at how things have turned out?

I find it mad. I write a song, it goes out on a record and travels across the world. It's like you've created children, let them go off to uni and they've become massively successful. I'll go to South Africa, Kazakhstan, Azerbaijan, and see how the songs do there, and it's like they've done it themselves, because I've never been there.

How do you process that without going mad?

To come across as a successful person you have to be like, "This is just a part of my job." It's only when I go home to my mum that I'm like, "This is mental!" Even with this new record, we made it in Studio D at Westlake – where Michael Jackson recorded *Bad* – and I was cool the whole time, until we recorded with Danny Higgins, his saxophonist. But I wouldn't be normal if I didn't have those moments where it all hits me. Probably while sat eating a Greggs pasty on the M25.

John's single, Tiring Game, is out 9 October and the album Revolve is out 16 October



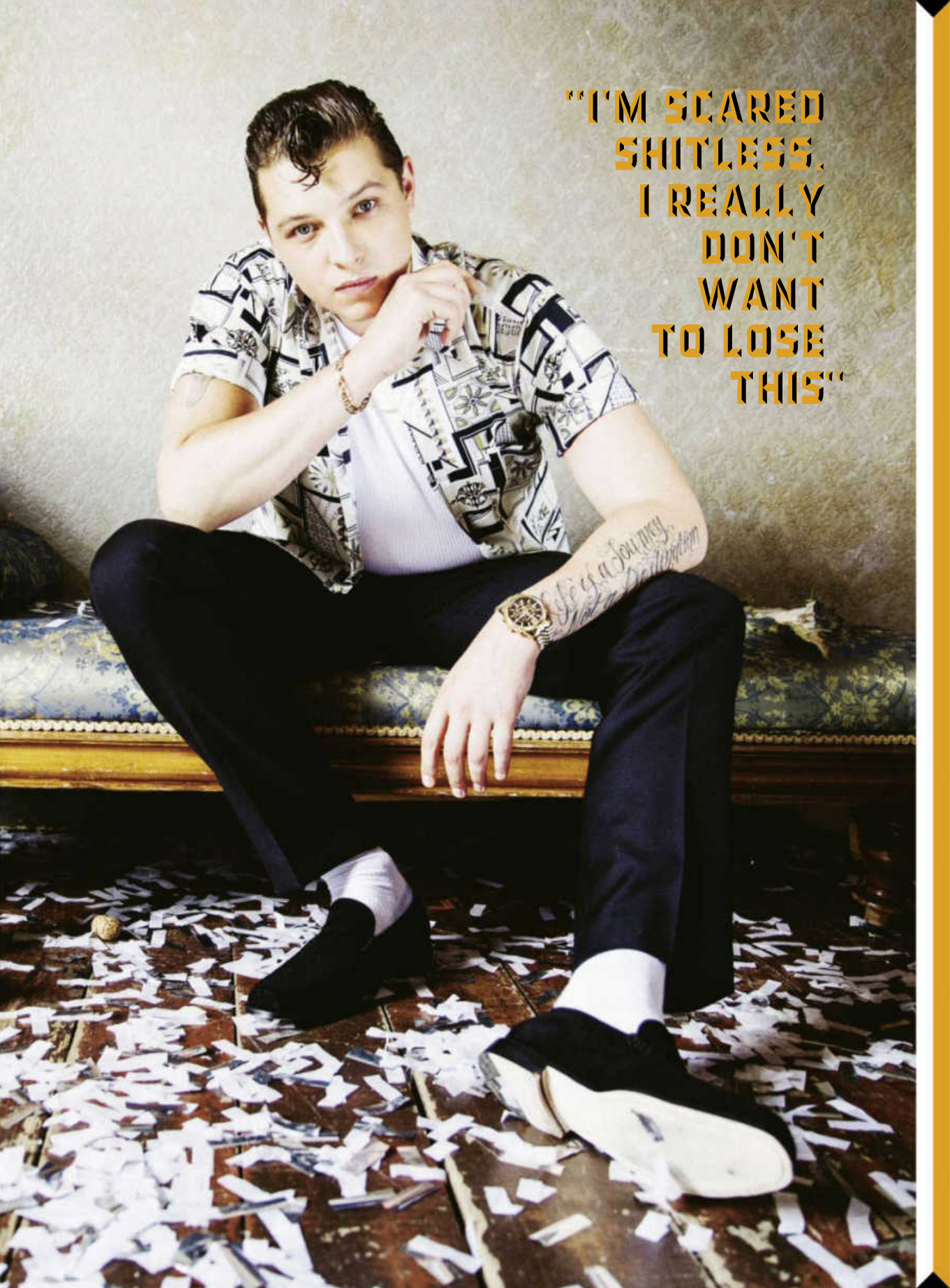
LEFT: Jacket, £395, thekooles.co.uk. Top, £25, topman.com. Necklace, £449, hsmuel.co.uk

ABOVE: Jacket, £265; shirt, £75, both reiss.com

RIGHT: Shirt, £25, rokitt.co.uk. Top, £25, topman.com. Trousers, £185, thekooles.co.uk. Bracelet, £369, hsmuel.co.uk. Watch, £181, Michael Kors at watchshop.com. Socks, £10 for four, burton.co.uk. Shoes, £195, russellandbromley.co.uk. With thanks to Moët & Chandon



**"I'M SCARED
SHITLESS.
I REALLY
DON'T
WANT
TO LOSE
THIS"**



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Photography: Rebecca Naen
Styling: Carlotta Constant
Grooming: Laura Dexter

Left: Jacket, £90; roll neck, £28; polo, £28; trousers, £30; all faralluco.uk. Shoes, £120, dmarpens.com.
Right: Jacket, £59.99; sweatshirt, £19.99; jeans, £29.99; all h.m.com. Polo, £200, paulsterk.it. Shoes, £120, dmarpens.com.

Longline
Bomber
£35



WeAreUs

boohoo_{MAN}
TWENTYFOUR | SEVEN | STYLE

**FALL
FOR
FUR**

It may split opinions, but we mean it when we say fur isn't just for the ladies. Unless you're P Diddy, stick to the small details, like these fold-down worker boots from Palladium.



Bomber: £120; shirt: £77; jeans: £90, all pepejeans.com; T-shirt: £12, tngman.com.
Shoes: £105, palladiumboots.com. Age: £53.95, goodboots.co.uk

**AIM
TO
MISMATCH**

Clashing prints can sometimes feel like a bit of a wardrobe misfire. But trust us: they're worth a shot. For the ideal outdoors-cool look, zero in on pairing plaid or chunky checks with a smaller, subtle pattern.

Coat, £550; shirt, £90; trousers, £90. all apple.com.
Gun, £5,995; cartridges, £20 per 1,000; ear defenders, £85. all edgemoorhunts.com





FRANK WRIGHT

www.frankwrightshoes.com

**LOOK
THE
PART**

Khaki is the classic colour for autumn. But don't limit it to just your coat this season: add jeans, a scarf and boots and you'll be the leader of your pack.



Left: coat, £195; jumper, £56; trousers, £75; hat, £25; scarf, £20, all benetton.com; shoes, £95, frankwagner.com.
Right: coat, £380; sweater, £140; trousers, £72; all diesel.com; shoes, £95, frankwagner.com; dog collar, £5; lead, £3, petshome.com.

CARVE YOUR OWN.



Photo: Tony Briggs

Roux.

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textures are
big news for
autumn/winter
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and corduroy
will help to land
you a new job/
girlfriend/jumbo
mackerel.



Dual, £65; no neck, £78; jeans, £25; all from topman.com. Shoes, £70; drmartens.com.
Fishing rod and reel, £3.99; bait, £9.99; bathgrounders.co.uk

**FIGHT
THE
COLD**

With block colours on your jacket, backpack and bobble hat, you'll avoid the deep freeze and gain a bonus nostalgic back-to-school vibe while you're at it. When did the cold ever stop you as a kid?



Jacket, £150; shirt, £95; T-shirt, £20; bag, £30; all from matala.com. Hat, £20. thenorthface.co.uk

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"Not only does it look incredible, but the audio emanating from this thing is astonishingly good with truly incredible bass. I have never owned a better portable speaker."

- StarryNight [TOP 100 Amazon Reviewer]

"It's an amazing piece of audio engineering and I think you'd have to look long and hard for something this versatile, at this price and with the killer sounds that this pumps out."

- Stella [Amazon Reviewer]

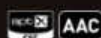


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**FIND
YOUR
STYLE**

The great outdoors no longer means you have to lose your slick sartorial ways. Stay on the right path by choosing a nomadic or native print shirt for an authentic I-live-in-the-woods-and-hunt-for-my-dinner vibe.

Left: Shirt, £50; T-shirt, £50, both Helve Youth at asos.com. Scarf, £105, richiaron.co.uk.
Right: Jacket, £249; shirt, £95.99, both newlook.com. Hat, £18, indieson.com. Compass, £29.99, goodidons.co.uk

**ROCK
THE
COAT**

If a parka can work for the Caribou Inuits, the jacket's frosty pioneers who made theirs from fur and seal skin to wear in temperatures as low as -33°C, we're pretty sure it can stand up to whatever you throw at it.

Left: Coat, £180; jumper, £45; hat, £25; scarf, £25; gloves, £20, all originalbonum.co.uk.
Right: Coat, £200; jumper, £45; jeans, £55, all brand.co.uk; Hat, £10, jessiepage-clothing.com. With thanks to thepatriessite.org





JIMMY CHOO MAN



KIT HARINGTON FOR THE FIRST MEN'S FRAGRANCE